

Health

Fall sports preview

Lollapalooza

Robert Ellis Young

...plus more

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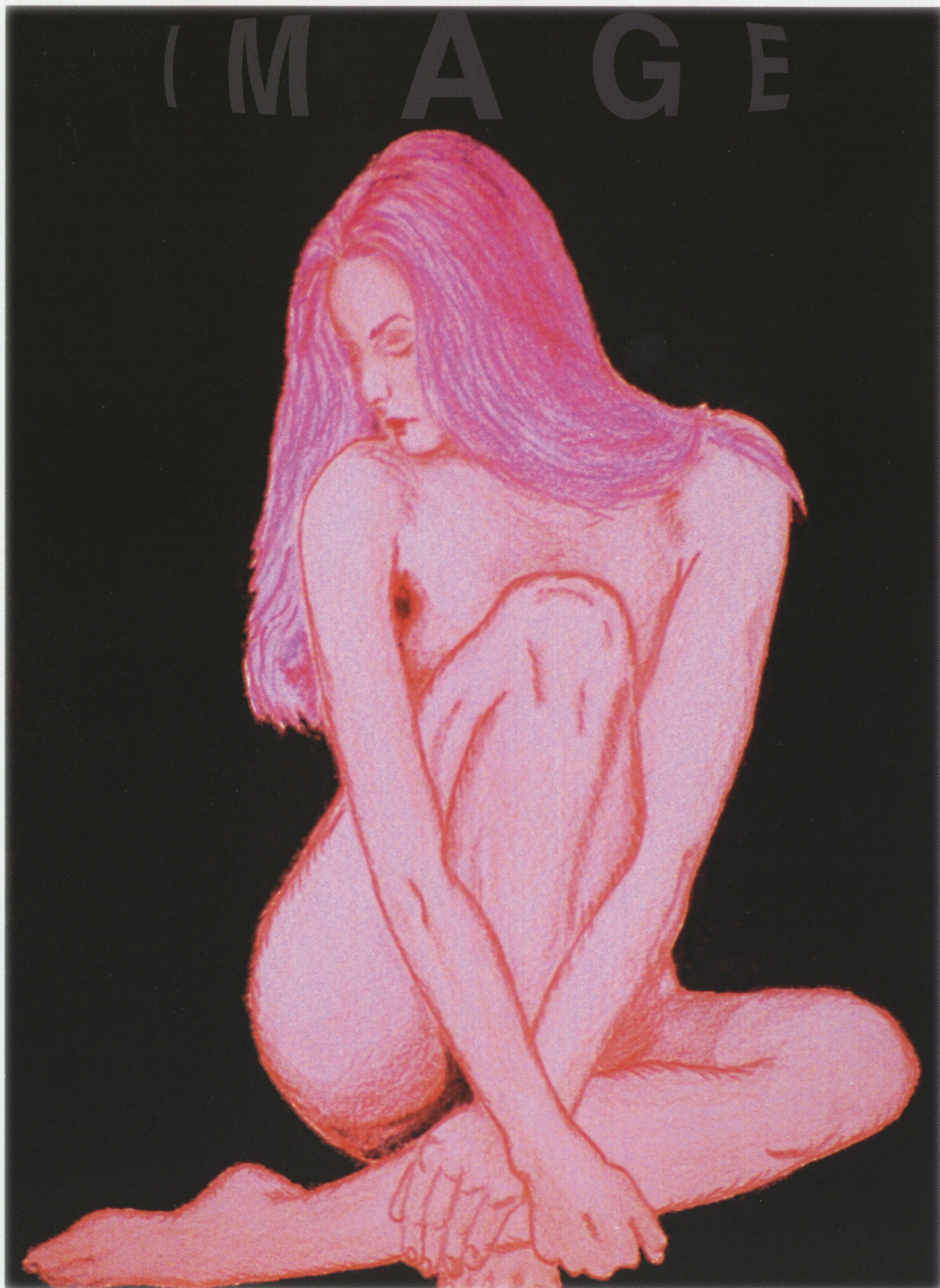
Remembering one of the area's great statesmen.

Special
Collections
MSSU

BODY



IMAGE



Millions of Americans are spending billions of dollars in hopes of improving the way they look, but the methods they use can sometimes be dangerous. *Crossroads Magazine* takes a first-hand look at the hazards of becoming overly self-conscious.

BY VICKI STEELE

Television, movies and advertisements seem to constantly send us the message that we need to be physically perfect to have any kind of worthwhile existence. They say if you are a woman you should be a beautiful babe with an exquisite bod. A man has to be a tall, sexy hunk with a dazzling smile and washboard abs.

Well, maybe television and advertisements don't exactly share those sentiments in so many words, but in everything from westerns to fairy tales, the "good people" are handsome or pretty while the bad guys and witches are ugly. Have you ever heard of a good-looking troll? It's no wonder people in this country have become so obsessed with body image and physical appearance.

Yet several studies have shown taller men and women have the advantage in the job market over shorter, qualified applicants. There also seems to be a prejudice against hiring overweight people.

It's enough to give some folks a complex.

The trouble is, it does just that. Low self-esteem, anorexia, bulimia, steroids, diet pills, laxatives, plastic surgery, liposuction, breast enlargement or reduction, body resculpting—a billion dollar industry that feeds on our appearance insecurities.

"Body image is very important to some people," said Larry Karst, assistant professor of counseling at Missouri Southern. "If it wasn't that important, people wouldn't spend so much money on diets and exercise equipment."

Is body obsession the legacy we are passing on to our children? Counting fat grams, light fat, low-fat, no fat, fat-free...?

Sadly the answer seems to be yes. A recent study in San Francisco revealed that 80 percent of fourth-graders had already been on a diet.

Almost 30 percent of third-grade boys and 40 percent of third-grade girls reported they had dieted, according to a study of 300 children by the Children's Hospital Medical Center of Cincinnati. Sixty percent

of sixth-grade girls and 31 percent of sixth-grade boys said they had tried to lose weight.

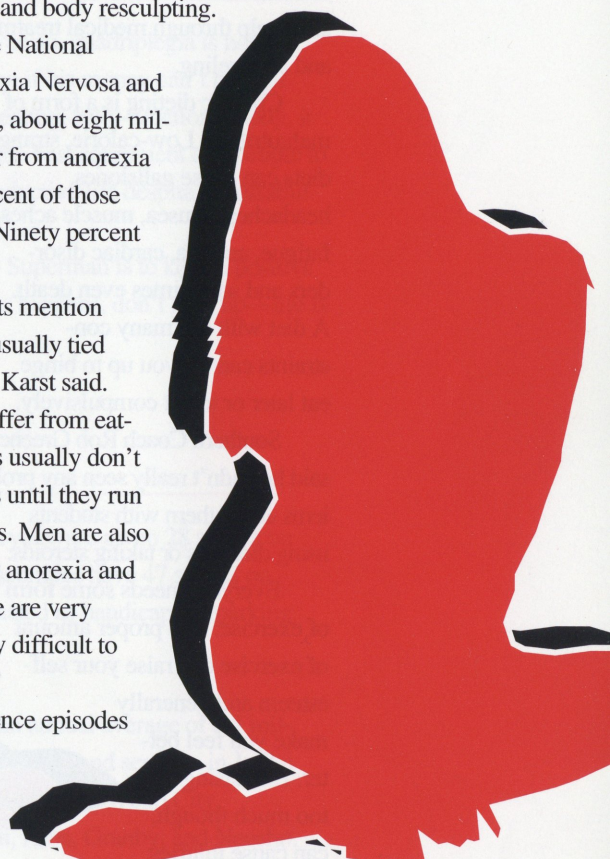
Males, even young ones, are beginning to suffer from some of the same eating disorders that formerly plagued primarily females. The number of male anorexics is increasing and more men are undergoing plastic surgery and body resculpting.

According to the National Association of Anorexia Nervosa and Associated Disorders, about eight million Americans suffer from anorexia and bulimia. Ten percent of those Americans are men. Ninety percent are women.

"I've had students mention body image, but it's usually tied in with other things," Karst said. "Most people who suffer from eating disorder problems usually don't come to professionals until they run into medical problems. Men are also becoming affected by anorexia and bulimia. These people are very secretive and it is very difficult to treat these problems."

Bulimics experience episodes of binge-eating followed by self-induced vomiting and often use laxatives and diet pills. They may also diet or fast severely and overuse exercise. You may be considered bulimic if you have at least two binge-eating episodes a week for three months.

Some people experience a sense of control when they lose weight. But as bulimic or anorexic behavior continues and increases, these disorders soon control the individual. Bulimics may suffer from teeth and gum erosions, stomach disorders and hair and skin problems. Persons with either disorder usually



CONTINUED ON NEXT PAGE 

attempt to hide the problem, increasing social isolation.

Bulimia and anorexia nervosa affect many adolescents and young adults. Even famous people and Hollywood stars are affected by these eating disorders. Tracey Gold, of the NBC sitcom *Growing Pains*, has been struggling with anorexia for several years. Singer Paula Abdul recently admitted she wages a battle with bulimia and anorexia.

It's important to check with a health care professional if you feel you may be suffering from an eating disorder. The important thing to remember is that you are not alone. There is no reason to be ashamed. There are many reasons to seek help through medical treatment and counseling.

Chronic dieting is a form of malnutrition. Low-calorie, strange diets can cause gallstones, headaches, nausea, muscle aches, fatigue, anemia, cardiac disorders and sometimes even death. A diet with too many constraints can set you up to binge eat later or to eat compulsively.

Southern Coach Rob Greene said he hadn't really seen any problems at Southern with students using diet pills or taking steroids.

Everyone needs some form of exercise. The proper amount of exercise can raise your self-esteem and generally make you feel better. Exercising too much though, can cause injuries, depression and fertility problems. According to a *Psychology Today* poll, 54 percent of men spend more time on their appearance now than five years ago.

"I think you see a definite change in the way people look at themselves and how they want to be perceived by others," Greene said "The front of magazines show guys that are built well and it's the same with women. I've seen a definite trend over the last several years and the evolvement of health clubs makes it easier for people to get fit."

Other findings indicate that while 27 percent of

the female population think it is important for men to have muscles, 48 percent of men also believe muscles are important.

"More people come in from Christmas on, thinking they are fat," said Mike Frizzell, front desk employee at the Joplin Family Y. He said an equal number of men and women work out but added that men worked out for longer periods of time.

Marie Clark, desk person at the Olympic Fitness Center, agrees that an equal number of men and women spend time working out.

"More people are coming in to work out," Clark said. "I really think they work out about the same amount of time. Men are more conscientious about their body images, though. They spend at least an hour working out."

The *Psychology Today* results also showed that at least one out of seven persons having cosmetic surgery were men. Regarding the height issue, 56 percent of women said they feel safer with a tall man.

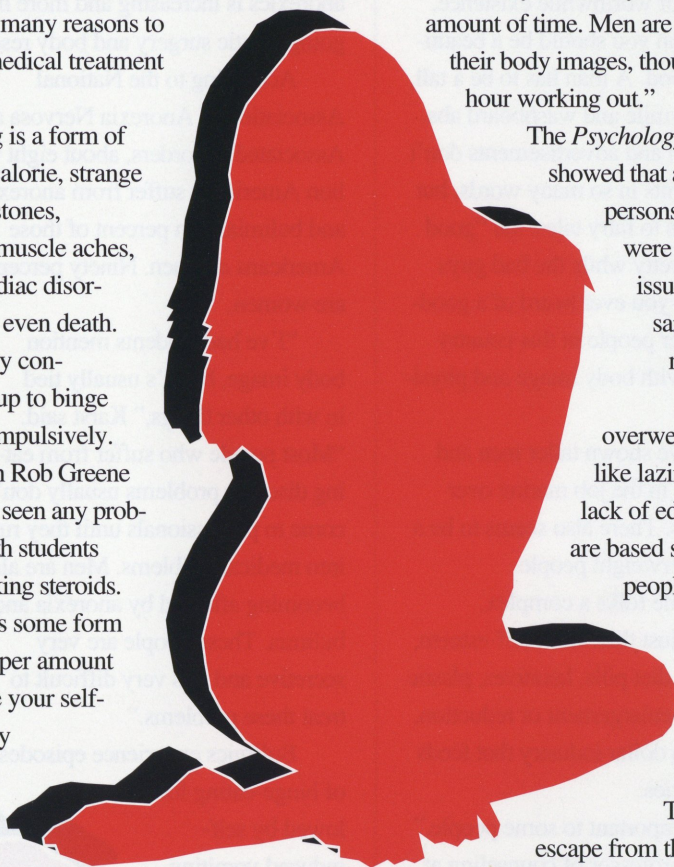
People often attribute overweight people with qualities like laziness, sloppiness, and a lack of education. These attributions are based solely on appearance. Thin people, meanwhile, are seen as being more intelligent, nicer, and are usually thought to have better personalities, just because they are thin.

There are some ways to escape from the body obsession trap despite our culture's confining physical appearance guidelines.

Try to find your strongest talents and develop those talents. Decide whether appearance will rule your existence or just be a part of your life. Focus on learning to respect your whole self; mind, personality, and body instead of trying to become physically perfect.

College, believe it or not, can help you become more independent, more intelligent and more confident about your own abilities.

Most important, perhaps, is to recognize that you are a unique and special individual, worthy of appreciation. 🍷



HEALTH EXTRA

Anorexia, Bulimia have hazardous side effects

BY VICKI STEELE

Anorexia nervosa is an eating disorder. The symptoms include starvation diets and strenuous exercise. A person with this disorder refuses food because of an irrational fear of gaining weight.

Typically most anorexics are prompted by an event (or series of events) to cross the line from obsession with weight to disease. Some experts think the willingness to starve to death is a symptom that masks emotional trauma and depression. Some doctors believe the disease carries a genetic component.

Bulimia is another eating disorder. The bulimic person binges on food then purges, either through self-induced vomiting, the use of laxatives, or emetics. The bulimic may also subject himself or herself to rigorous dieting and exercising.

Both may use diet pills to excess, and both suffer from distorted body images and a morbid fear of being fat.

Some studies have found that one-third to two-thirds of persons with eating disorders were also sexually abused as children or teens.

Some Warning Signs and Symptoms of eating disorders are:

- Distorted body image
- Exercising to excess
- Refusal to accept and maintain a normal body weight
- Weight and diet preoccupies thought patterns
- Cessation of three or more consecutive menstrual periods
- Recurrent periods of binge-eating over two-hour periods
- Feeling a lack of control over eating behavior during the binges
- Fasting to counteract the effects of bingeing
- A minimum average of two binge-eating

episodes per week for at least three months, especially binge-eating "junk foods"

- Sleep problems
- Depression
- Trouble concentrating
- Isolating self more and more, withdrawal from friends and family
- Dental enamel erodes because of gastric acid against teeth during vomiting
- Mood changes, specifically before and after a binge-eating period
- Experiencing a noticeable weight loss
- Weighing at least 15 percent below normal
- Abusing diuretics, laxatives, emetics or diet pills
- Weight changes of 10 pounds or more in a month
- Sensitivity to cold
- Losing the ability to recognize basic feelings like sadness or hunger
- Hoarding food
- Unusual food preferences

A person does NOT need to have all of these symptoms to have an eating disorder. Sometimes a pattern shows up though, while looking through the list.

Many persons with eating disorders become severely depressed and become suicidal without treatment.

If you know someone who has an unrealistic image of being too fat and/or who seems to be dieting excessively, although already quite thin, try to persuade that person to see a doctor. He or she might not be willing to follow your advice, but persevere until the person does seek medical attention because this is a life-threatening situation.

Eating disorders are insidious but deadly. Anywhere from 5 to 20 percent of anorexics die from complications. The disorders are more difficult to treat the longer the person goes on without treatment.

SEE ANOREXIA, PAGE 41

Heart disease

It affects us all



Dr. Glenn Turner, founder of the Turner Heart Foundation, explains that heart disease isn't just a concern for the older community—it could happen to any one of us.

BY DR. GLENN TURNER

Why me? Why should college students have any concern about heart disease?

One answer: College-aged men and women are not immune. In 1944, in a tent hospital during the invasion of the Southwest Pacific island of Anguar, the first death dealt with was not from battle. It was from a heart attack in a 21-year-old soldier! More heart attacks in soldiers were diagnosed in this one area of the Pacific alone during World War II.

More: During the Korean War, 60 to 70 percent of the soldiers expiring who had autopsies showed coronary artery atherosclerosis to have already developed. Later studies showed beginning cholesterol deposits in arteries, the precursor to heart attacks and strokes, in early childhood years in many individuals.

Requiring the attention of our college and university students, who not only need to protect their own length of life and career but who also have the responsibility to influence others, the size of the problem must be understood. Each year, 1.5 million heart attacks occur in the United States and about 500,000 result in early death. Tragic is the fact that three out of five of these deaths occur before the patient reaches the hospital. Heart attack deaths per year in this coun-

try exceed the total battle deaths in U.S. service men and women in World War I, World War II, the Korean War, and Vietnam.

Another fact: Women's heart attack risk has been seriously underestimated. Heart attack is not just a man's disease. Between 45 and 65, women rapidly catch up with men in heart attack frequency and after 65 may be even more at risk. Breast cancer is disturbing, but the biggest threat to life in women after menopause is heart attack.

What does this mean for Missouri Southern students? Risk management should be applied to health problems, especially the nation's number one killer, heart attack, just as aggressively as in curricula such as finance and business.

What can this accomplish? We must go beyond the wondrous products of the recent "explosion of knowledge" in heart disease—effective high blood pressure treatment, Cardiovascular and Coronary Care Units for heart attack treatment, coronary angiography for accurate diagnosis during life, the electrical defibrillator to reverse deaths from heart rhythm disturbances, coronary artery bypass surgery and balloon dilation of narrowed coronary arteries (angioplasty)—into another New Era.

This has two chapters: First, termed the biggest medical advance of the century, was medication which can be given by vein in the doctor's office or community hospital emergency room to dissolve the blood clot completing the coronary artery obstruction which

Women's heart attack risk has been seriously underestimated. Between 45 and 65, women rapidly catch up with men in heart attack frequency and after 65 may be even more at risk.

causes heart attack, this being superimposed upon earlier narrowing by cholesterol deposition in the artery wall. If this can be initiated in the first 60 minutes of the attack, the death rate can be cut in half.

This dictates bringing about earlier attention to heart attack through public education concerning deciding to seek medical assistance. Please see Early Warning Signs display from the Turner Heart Foundation below.

Second was the providing of methods of reducing the depositing of cholesterol in the arteries and also be able to arrest worsening of that already present, often causing regression of the deposits. This obligates younger people to take action before trouble strikes, so often in the prime of life.

The need to apply all these benefits throughout the Ozarks region caused Missouri Southern philanthropist John Q. Hammons, himself a heart attack sur-

vivor, to begin financial support 25 years ago, followed by the multi-million dollar Hammons Heart Institute and Hammons Lifeline helicopter system, all stimulating the conception of the public-service Turner Heart Foundation.

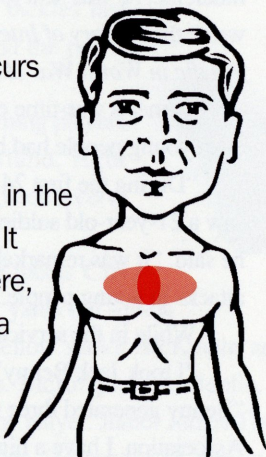
What should you do to reduce the heart disease threat to your future? A good start, the purpose of this article, is to take a "crash course in cardiology" by learning and heeding the heart attack and stroke risk factors.

AUTHOR'S NOTE: I commend the Crossroads editors for choosing heart disease as related to college students as a focus of this issue. The future of reducing the horrible death rate from heart disease, especially heart attack, rests with prevention, which must be started early in life. I am not aware of this degree of deserved attention having been given to this subject by a college or a university publication prior to this article, solicited by Mrs. Jean Campbell, member of the Board of Directors of the Turner Heart Foundation. ♥

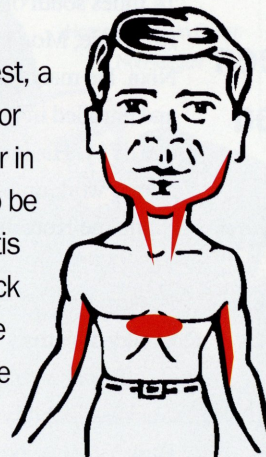
HEALTH EXTRA

Early warning signs of a heart attack

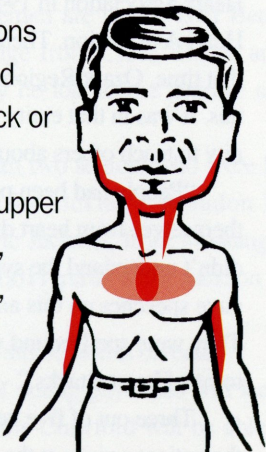
Most heart pain occurs as a sensation of pressure, fullness, squeezing or aching in the center of the chest. It may be mild or severe, but it is usually not a sharp, jabbing type of pain.



Instead of in the chest, a sensation of aching or weakness may occur in one or both arms, to be confused with arthritis or bursitis; in the neck or jaws, seeming like a toothache; or in the upper abdomen.

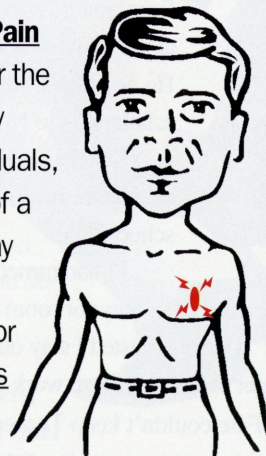


Common combinations of pain are chest and arms, chest and neck or jaws, or all possible areas including the upper abdomen. Sweating, shortness of breath, nausea or vomiting may occur. Call a doctor . . . fast.



Harmless Chest Pain

Pain centered near the left nipple is felt by many tense individuals, and is not a sign of a heart attack. It may be sharp or a dull soreness lasting for hours. These pains are harmless.



SIDENOTE

If you experience discomfort in all or any one of these areas, **CALL YOUR DOCTOR**. If your doctor is not immediately available, report to your hospital emergency room by the fastest available means. A full-sized poster of this information is available at the Crossroads office.



Heart of GOLD

Dr. Glenn Turner has spread the word about heart disease.

BY VICKI STEELE

Living to the golden age of 100 is one of Dr. Glenn Turner's goals. Considering what he has done with his life so far, mankind would no doubt be blessed if he accomplishes that goal.

Turner was born March 24, 1919, 14 miles south of Springfield in Riverdale, Mo., between Ozark and Nixa. He managed to jump three grades and enrolled in high school at the tender age of 11. His interest in journalism led him to work on the school's newspaper.

"I advanced to an editor when I was 14," Turner said. "I was a senior at Eastern Star. That's the same school attended by the Barker boys."

Based on his school record, which was considerably better than the Barkers', who preceded him in school, Turner was awarded a Curators Scholarship to the school of journalism at the University of Missouri-Columbia. He was also awarded a Gifted Students scholarship to Northwestern University.

Unfortunately, he didn't have money for room and board at either school.

"I had turned 15 and I couldn't make enough money for room and board," Turner said. "They suggested I stay on the farm for a year and get money but farm work only paid \$1 a day."

Fate couldn't keep Turner down on the farm. Destiny and his uncle, Dr. E.E. Glenn had other

plans for Turner. Glenn offered to take care of the room and board problem if Turner would help with odd jobs.

It was through Turner's association with his uncle that he became interested in medicine. He went from Southwest to the University of Missouri-Columbia. Then he attended Washington University and trained at Barnes Hospital in St. Louis.

After college, Turner went into the Army. Due to his combined experience with both journalism and medicine, he was sent to the west Pacific area. He wrote the *History of Internal Medicine of the West Pacific in World War II*.

Turner's war-time experiences showed him that even young people had heart attacks.

"During the first 24 hours I was stationed there, I saw a 21-year-old soldier who died of a heart attack," he said. "It was remarkable the number of heart attacks in young people."

While in the service, Turner met Jack Benny.

"I took Jack Benny's picture," Turner said. "Benny generated three million dollars for the Heart Association. I have a high regard for that man."

Glenn conceived the idea of the Ozark Regional Heart Association in 1949 under the auspices of the Heart Association. There was no state organization at that time. Ozark Regional consisted of 19 to 21 counties. It was in that entity that Turner had the opportunity to teach others about heart attacks.

"People had been poorly prepared to protect themselves from heart disease," he said. "People didn't understand the symptoms of heart attacks. I gave speeches on this and I had my audience hooked. They were spell-bound when I went over the symptoms of heart attacks."

Three out of five heart attack deaths occur before the patient arrives at the hospital. Turner realized the

“People had been poorly prepared to protect themselves from heart disease... They were spell-bound when I went over the symptoms of heart attacks.”

HEALTH EXTRA

The Warning Signs

•**Blood cholesterol** and/or triglyceride excess. Correction is the chief means of preventing, arresting, and reversing atherosclerosis. Everyone of college age should have a cholesterol and triglyceride assay, requiring a 12-hour fast. Children should be checked if there is a family history of heart disease. While dietary fat and calorie control are primary, the big breakthrough is medication—the statins, resins, niacin, and fibric acid agents. Your doctor can advise.

•**High blood pressure.** You are never too young to be checked.

•**Smoking.** If you haven't started, don't! This is an addiction as strong as heroine. If you smoke, stop. Your doctor can help. Nicotine patches ease withdrawal.

•**Weight excess.** Unless there has been a childhood overweight problem, the weight at age 18 is usually a reliable

level to sustain. A lady of average bone structure should weigh 100 pounds for the first five feet with five pounds for each additional inch. For a man, the figures are 106 and six pounds respectively.

•**Hormone deficiency** in women after the menopause or surgical absence of the ovaries. Unless contraindicated, most authorities feel that all post-menopausal women should be on hormone replacement.

•**Physical inactivity.** It's a big problem among professional men and women and many others. Nothing exceeds brisk walking, with the ideal of four miles a day.

•**Diabetes.** This disease should be diagnosed early and treated.

•**A family history** of coronary disease, high blood pressure, cholesterol or triglyceride excess or diabetes requires being checked regardless of age. 🍷

delay in going to the emergency room was caused by the patient's decision, not transportation. He decided to use mass media to teach the public the symptoms of heart attacks.

The Early Warning Symptoms program cut patients' delay time in half. The symptoms story was eventually printed in the *Reader's Digest* in 1973.

John Q. Hammons had a heart attack on May 1, 1960 and was treated by Dr. Turner. Since that time, Hammons has contributed millions through the Hammons Heart Institute and Hammons Lifeline to stimulate and improve regional service to heart attack victims.

"I met Coast Guard people at Pensacola, Fla., who told me they were routinely transporting people with heart attacks from off-shore oil rigs to land," said Turner. "I raised the idea of helicopter transport in the

1970s but everyone thought the patients would die. But without care they would die anyway, so I went to Hammons. Mr. Hammons agreed about the helicopter and put a million dollars in Hammons Lifeline."

Turner thinks Lifeline was the first in the country to put helicopters into service primarily for heart attack patients.

"As hospital budgets got tighter, we came up with the idea for a not-for-profit organization," Turner said. "We started the tax-exempt Turner Foundation. Our primary focus is to educate, plus we had in mind getting the attention of younger people.

"This (early warning symptoms) story is really the kick-off of what I want to see more of," he added. "It's the first time I've had the opportunity to be involved in a publication aimed at young folks in the educational process." 🍷



the faces of Stress

Sean Fitzgibbon

BY VICKI STEELE

Does the following seem familiar? You have two big exams and a term paper scheduled on Friday. You are busy the week before with classes, your job, and your friends. You have to work Thursday but think you will probably be able to study and get the term paper done if you pull an all-nighter.

Then your boss makes you work overtime. You see yourself handing in a two-page term paper. You hear everyone laughing at you, in your mind. You hate your boss, despise your stinking job and don't think too kindly of anyone within shouting distance.

Finally you get off work. You run out of gas while driving home and find you only have a dime, two pennies, a fuzzy Lifesaver and some lint in your pocket. Suddenly you remember you haven't done any laundry for at least two weeks and realize you either have to wash some clothes or wear a barbecue apron to school tomorrow. You have nine million things to do and having a nervous breakdown heads the list.

You are experiencing stress.

Stress refers to the physical or mental demands

that require an increased response from the body. Stress is a 20th-century word created by 20th-century pressures.

"We tend to view stress as something that happens, but the fact is we do it to ourselves," said Larry Karst, assistant professor of counseling at Missouri Southern. "We perceive something as stressful but whether something is stressful depends on our viewpoint. It isn't the event, it is how we perceive the event."

We can face situations we view as stressful at home, on the job, from our boss or teachers, bill collectors, and the list goes on.

When it comes to stress, Julia Foster, R.N., asks, "I have it. Do you?" Foster is the coordinator of Health Services on campus.

"Students come in with headaches or neck and shoulder pain," Foster said. "Sometimes people come in feeling anxious or they are having anxiety attacks—feeling dizzy, weak and fatigued. Some people come in over and over with colds and recurring upper-respiratory infections which are signs of stress. Sometimes students come in and just say they are tired all of the time."

Stress can be beneficial when it stimulates the

body to improve performance. But as stress levels continue to rise, that helpful stimulation is replaced by fatigue and makes the person more susceptible to physical and mental illness.

"The major events that occur that are stressful are the death of parents or spouses—everyone understands the stress in those events," Karst said. "But small events can accumulate like a bunch of grapes and be more difficult to manage than the larger events.

"When students come in, I don't think many times the problems are identified as stress," he said. "It's more likely tied to other things like managing

we fail to meet our own needs. Maybe we are so busy taking care of other people we don't take care of ourselves.

Not all of life's stresses leave us feeling emotionally drained. But there is a certain kind of stress, the kind in which you have no choices, no options, and no alternatives, which hurts us most.

Certain jobs are more stressful than others. The classic example of stress is the person in a dead-end job. The employee has a tough boss to whom he can't talk back. He has to do the same thing over and over day after day. There is no sense of control and there is a feeling of being trapped.

Stress (stres)

time, friends, and parents. We

need stress to make life interesting. we just don't

want too much

stress. Stress

to a certain

degree is the spice of life."

Stress can be caused by any changes in the daily routine—even positive changes like getting a new job can cause stress. Planning a trip is a pleasant type of stress. Facing an impossibly tight deadline, on the other hand, can be immobilizing.

"In terms of college-produced stress, at the beginning of the semester it is practically non-existent," Karst said. "There is more apparent stress during mid-terms, finals, and graduation time.

"Nursing and dental hygiene students face a terribly stressful time during their certification exams," he added. Their entire college career hinges on passing those exams. The importance of the exam and what it means, even for the most placid individual, can be stressful."

Foster agrees that students often feel a great deal of stress before major exams.

"We see more people coming in with stress-related problems during finals week," she said. "I also see a high number of freshmen at the beginning of the semester and a high number of seniors at the end of the year."

Studies have shown that a prime stress factor in people's lives is lack of personal time.

"We try to get to the problem and see what is causing the stress," Foster said. "We advise students to take some time out and take a few minutes for themselves."

Sometimes we generate our own stress because

Emotional or

intellectual strain

or tension.

Those most likely to suffer from on-the-job stress are those who:

- Feel locked into a job situation over which they have no control.
- Get no respect or recognition from superiors.
- Have to deal with invasion of privacy and rudeness.
- Find their work boring and exacting.
- Fear the prospect of unemployment.
- Spend eight hours a day, five days a week, in an environment that is too noisy, badly ventilated, unsuitably illuminated or too cramped for comfort.
- Work in isolation.

"It isn't the snowfall or the traffic jam that is stressful," Karst said. "It's how we view the snowfall or the traffic jam. For some people the battle rages more seriously than for others."

Everyone has a different stress tolerance level. Some never seem to suffer harmful effects from high levels of stress while others can cope with only a few changes at a time before they become depressed, anxious, or physically ill.

The Health Center does offer informational pamphlets on stress.

The Center will also loan students some relaxation tapes. Students dealing with stress can also contact the counseling center at 625-9324. 🍀

WHAT CAN I DO TO REDUCE STRESS?

HEALTH EXTRA

Some of the most common problems and disorders that stress may cause or increase are:

- Upset stomach, vomiting
- Eating problems
- Frequent urination
- Aches and pains
- Sleep disorders, insomnia
- Irritability
- Acne
- Migraines and headaches
- Loss of sex drive
- Alcoholism
- Drug use
- Fatigue
- Overeating
- Colds
- Respiratory infections
- Mental, emotional problems
- Asthma
- Mouth ulcers
- Ulcerative colitis
- Irritable bowel syndrome
- Stuttering
- Skin problems
- Cessation of menstrual periods
- Certain forms of hair loss
- Bladder inflammation
- Premenstrual syndrome
- Yeast infections
- Chest pain, angina, heart attacks, heart disease and other heart conditions
- Stomach ulcers
- Duodenal ulcers

BY VICKI STEELE

If you find yourself suffering from the effects of stress, there are some things you can do to help yourself. The following is a list of helpful tips and ideas you can try to either eliminate stress or at least take back some control in your life.

Devote some time every day to physical relaxation that diverts your mind from strain and worry.

Set your priorities so that you have some free time that belongs just to you.

"Take time out," said Julia Foster, R.N., coordinator of Health Services. "Take a few minutes for yourself."

Keep your alcohol consumption down. Eat regular meals and eat the right foods.

Walking is an excellent stress-reducer that works at least triple-duty. When you are walking you get away from the stress. Exercising helps you feel more in control. Walking also has the physical and psychological benefits of being in the outdoors and breathing fresh air.

It's important to get enough physical exercise because it will help your body become better able to handle everyday emotional and physical stresses.

Yoga includes stretching and breathing exercises that banish stress.

Learning to say "NO!" can help those who are burdened with expectations from others.

"Try to evaluate where you are," Foster said. "Visit with a close friend or find someone you can talk to about your problems."

Keep an optimistic attitude.

Some alternative therapies include Swedish massage, herbal remedies, aroma therapy, acupressure, acupuncture, biofeedback training, and hypnosis. Meditation often helps.

Meditation involves emptying your mind of all distractions, thoughts and worries. The Health Center offers relaxation tapes to students.

Relaxation techniques involve deep breathing and muscle relaxation. Learn to relax by taking deep breaths rather than shallow breaths. Try to reduce your breathing rate so that you take half as many breaths as you normally do during a minute. Try this technique several times a day.

The following is a simple guide to muscle relaxation:

—Lie on the floor, face up and eyes closed.

—Tense your face muscles then let them relax.

—Lift your head and let it fall gently back. Keep your neck and jaw relaxed so that you can feel your throat opening.

—Press your shoulders down to the floor and then relax them.

—Stretch out your arms and fingers. Hold them rigid for a moment before easing the strain completely.

—Lift your hips and let them fall, feeling your spine stretch and relax as you do so.

—Keep your heels together, stretch your legs and toes. Then relax completely.

Continue these exercises for 8-10 minutes. Next, lie totally limp for a few minutes more, trying to feel relaxed.

The most important thing you can do to beat stress is to stay in good health because dealing with stress is easier when you're healthy.

If you are in a situation where you feel stressed, take a deep breath and hold it for about seven seconds. Let it out slowly as you relax your body. You may feel more relaxed immediately. If not, try this simple breathing exercise again. 🍀

Is violence used to solve problems? Does your partner ignore your feelings?

Mental, physical, or emotional...

ABUSE

harms people's lives.

BY VICKI STEELE

Every 15 seconds a woman is beaten. Last year, Lafayette House was a shelter from the storm for more than 700 local women and children and a voice at the other end of the telephone line for more than 10,000. Fifty percent of women will become victims of domestic violence during their lives and a great many of them do not even realize that they are one of the statistics.

These are the facts from Lafayette House and abuse experts. The Adult Abuse Act defines abuse as assault, battery, coercion, harassment, sexual assault, and unlawful imprisonment. The Handbook for Abused Adults, published by the Missouri Bar Young Lawyers Section in 1993, states that domestic abuse also includes mental or emotional abuse.

"Some of our women say that the verbal and emotional abuse, the battering to the soul, was worse than the physical battering and takes longer to heal," said Donna Snyder, director of community services at Lafayette House.

Some examples of abusive conduct are telling someone he or she is worthless; threatening to harm a loved one; isolating someone from family and friends; and/or denying money or access to transportation. Family violence includes emotional abuse such as threats, insults and harassment. Abusers dominate others through name-calling, verbal attacks, and attempt to control another's thinking and behavior.

"Men are more likely to be emotionally and verbally abused than physically abused," Snyder said. "Men are not in as much imminent danger from physical violence. There are dominating and controlling women who seek power the same as some men do."

Abuse victims also come from all ethnic, religious, racial, educational, and economic backgrounds.

Victims often feel ashamed about the abuse. Abuse causes fear. Victims feel either hopeless about changing the situation or just hope that somehow the situation will change by itself. Without help, though,

the abuse usually gets worse. Fear, shame, isolation, ignorance, lack of alternatives, lack of protection, hope, and love can trap the victim.

There are many misconceptions about abuse. All abusers are not slobbering, ugly Neanderthals.

Abusers are often charming manipulators who need to control everything around them. Often they are wonderful lovers when they are not angry or abusive. They can be very loving people. If a person is successful at controlling others by venting anger then he or she will continue to use anger. When that cycle continues, the anger becomes more intense to maintain the sense of control, increasing the chances of violence.

Some characteristics of abusers include having an overwhelming need to control others; suffering from drug or alcohol abuse; seeing violence in the home as a child; losing temper easily and having a low-stress threshold.

Victims, meanwhile, may suffer from depression, loss of self-esteem, fear, feelings of helplessness and worthlessness, loss of job and income, and disruptions of home and personal life.

Some of the factors that predict an escalation in abuse include incidents of violence to others outside the home, threats to injure or kill, availability of weapons, sexual abuse of the victim, and sexual abuse of the children. Changes such as pregnancy, illness, death and unemployment in the family can trigger violence.

“

Some of our women say that the verbal and emotional abuse, the battering to the soul, was worse than the physical battering and takes longer to heal.

DONNA SNYDER

”

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“The cycle of violence is well-defined into three stages—one leads into the other,” Snyder said. “The first stage is verbal and emotional abuse. The second stage is physical violence and the third is the calm stage. In that stage the abuser is sorry and there is hope things are going to work out. But the cycle continues to repeat and the physical violence tends to become more violent each time it repeats itself.”

Snyder said that the length of the stages vary depending on the individuals. One stage can last months or years or just a few minutes, she said.

If you have already altered your life to avoid angering your partner you are being abused and need to get help. The first step is to admit the abuse exists. The next step is to stop hoping the problem will go

away. The third step is to seek help right away.

Act early. If early intervention occurs it is more likely you will escape serious injury. There is also a better chance the abuser will stop the abuse.

If the abusive relationship continues, the abuse usually becomes more severe, occurs more often, and is more likely to cause physical damage. If there are children in the home, they are being put into danger, not only from the abuser, but just from witnessing the abuse.

“We take care of quite a bit of counseling here,” said Ann Allman, Missouri Southern counselor and coordinator of Return to Learn. “Our counseling system is open to everyone. The center is here for our own students and faculty.”

HEALTH EXTRA

The symptoms of Equality



Lafayette House offers a Family Violence Education Group which meets on Wednesday from 5:30 p.m. to 7:30 p.m. The House also has a 24-hour crisis line, 24-hour admission capacity, and will assist you with orders of protection, court proceedings, and batterers' treatment. For more information, call 782-1772. For information about legal assistance you can also call the Missouri Lawyer Referral Service at 1-800-392-8777.

Last year, Lafayette House was a shelter from the storm for more than 700 women and children...

If you must leave, prepare for your escape and remain safe. Rehearse your departure and know exactly when and how you are going to leave. Keep extra keys, copies of important papers, some cash and a change of clothes somewhere outside your home with a friend, family member, or neighbor. Work out a signal system with a neighbor in case you need immediate help. Tell your neighbor if they hear a loud noise or screams to call the police immediately. If the possibility of violence is imminent, avoid the bathroom (which has only one door) and the kitchen (which has weapons). If you are physically attacked, go to the hospital as soon as possible. Make sure the hospital photographs and records injuries so that you will have the necessary documentation for court.

Being abused is a lonely experience, but you are not alone. Your personality and your behavior does not cause abuse. Who you are and what you do has little to do with the abuser's behavior. Your partner chooses to behave violently. No one deserves abuse. You need to reach out for help NOW to change your situation. Abuse limits your rights. Recovering from the past and healing isn't easy but it's worth the effort and so are you. ❤️

HEALTH EXTRA

Are you in danger?

- Does your partner ignore your feelings?
- Are your most cherished beliefs, your religion or your ethnic origin ridiculed?
- Does your partner withhold approval, affection or appreciation as punishment?
- Does your partner show signs of rage if you can't figure out what is wanted or expected of you?
- Did your partner grow up in an abusive, violent family?
- Is violence used to solve problems?
- Does your partner have a bad temper?
- Is your partner possessive or jealous of you?
- Does your partner have low self-esteem?
- Is your partner moody or does your partner alternate between extreme mood changes?
- Has your partner called you names, criticized you or shouted at you?
- Does your partner humiliate you in front of the children or in public?
- Does your partner refuse to socialize with you?
- Have you been kept from working or is your money controlled?
- Does your partner regularly threaten to leave you or told you to leave?
- Does your partner threaten to hurt you or your family?
- Without any foundation in fact, has your partner harassed you or accused you of having illicit affairs?
- Has your partner manipulated and confused you with lies and contradictions?
- Has your partner destroyed furniture, punched walls or smashed objects?
- Does your partner want to know where you are and with whom at all times?
- Do you ever feel afraid?
- Are you constantly asking permission to do things?
- Do you feel increasingly powerless?

EMOTIONAL

SCARS

LOOKS CAN BE DECEIVING

BY VICKI STEELE

When most people hear the word “abuse” they think of physical abuse or abused women and children. But abuse is not that limited.

Psychological, emotional, and verbal abuse can be just as unhealthy as physical abuse. It’s definitely just as scarring and it doesn’t matter whether that abuse comes from a spouse, parent or “significant other.”

This isn’t an easy story to share. I’m sure there are those who won’t understand and some people will be judgmental. I’m also positive there are some who can relate to my experience.

When I met “Steve” (not his real name) I thought he was handsome and charming. He seemed like the “life of the party.” He had recently gone through a divorce at the time and he was hurt and confused. He told me horrible stories about how his ex-wife had cheated on him. She hadn’t really ever loved him, he said.

I wish now that I could have heard her side of the story.

We began dating each other, and eventually, we started living together. I began to see a different side to Steve.

He had rigid rules about the oddest things. For instance, he didn’t want any meal preparation done if there were any dishes out in the kitchen. All dishes had to be in the cabinet, even pans or bowls needed for cooking. There could be no dishes on the counter, in the sink or in the dish drainer.

I wasn’t allowed to talk to him, except to say hello, until he had been home from work for at least 30 minutes, more or less. I never knew the time limit because it changed almost daily. And, of course, he would be exasperated if I did speak at the wrong time.

He began to criticize things about me and my wardrobe. Dresses and skirts had to be a certain length which he approved of. I could only wear V-neck styles inside the house. If I wanted to relax in a T-shirt without wearing a brassiere I couldn’t go near any windows or doors.

He couldn’t stand my laugh. At first he said I laughed too loud. Then he told me ladies didn’t laugh the way I did. Next he complained that I laughed to get men to notice me. I began to laugh less because it was easier than defending my innocence. Then he began to make remarks that I didn’t laugh enough. It was definitely a no-win situation.

I didn’t realize that every time I gave him some control he just needed more control. It just seemed easier to keep the peace. If I didn’t do what he wanted or make the changes in myself he deemed necessary, he would cold-shoulder me for days. He wouldn’t speak to me at all. Actually it didn’t really matter what I did or didn’t do because he continued to find something to complain about and ways to criticize me.

He had me convinced that he needed me to do what I could to reassure him because his experiences with his ex-wife had left him distrustful of women. I thought if I just tried hard enough, I could make everything okay. I had grown up hearing that “love cures all” and I believed that if you just had enough love you could fix anything.

We were married. He told me that I needed the reassurance of a marriage license so he was willing to marry me to give me that security. I was positive he was talking about himself.

He began to drink more. When he was drinking he was totally unpredictable. I never knew what he was going to do next so I began watching him all the time. I thought if I could just figure it out and solve the problems, everything would be all right. It was a nerve-racking experience much like I was either “walking on eggshells” or sinking in quicksand. I felt

**I didn’t realize
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like I was on edge all the time.

The part that made it so difficult was that he would be nice, sweet, and loving one minute. The next he would be a Jekyll and Hyde, mean and strange. It was the sweet, loving person who kept me hooked. I thought something would happen to make the Jekyll and Hyde times disappear.

Once he told a room full of men at a party that my "tits weren't big enough." Of course, everyone turned and looked at my chest. I was so humiliated. Another time, we were at a club in Philadelphia, Penn., when he heard some man make a comment that I looked like a friendly person. He accused me of flirting and began to yell things like, "prostitute, whore, bitch," and worse. I fled outside. I wanted to get my purse and take the bus home to St. Louis but he had locked it in the truck. I went back inside to ask for the key or to get him to give me my purse but he refused to do either.

He dumped a pitcher of beer on my head at a party once when he was angry about something. He punched the wall another time. Sometimes he would scream at me to "get the f—k out." I just never knew what would set him off.

I couldn't tell him anything about my work days if I mentioned any of the men I worked with. He would immediately start accusing me of having affairs with them. He was sure my boss was coming on to me so he went to my boss one day and told him to leave me alone. Soon after that I was asked to resign or I would be terminated.

I was so depressed I barely smiled at all. My stomach was constantly upset.

One night I was beginning to fall asleep when he suddenly pulled a gun out from under the bed. He told me that he would shoot me if I ever gave him a disease. The next morning he told me it was just a joke. I couldn't find the humor in the situation.

I began to see a therapist. She helped me to see I was allowing these things to happen by believing that I was playing a part in Steve's behavior. I began to realize that love isn't always enough. I finally saw there was nothing I could do to fix the relationship. She helped me see that it wouldn't matter what I did, Steve would continue to choose to criticize and complain.

I began to go to college, a dream I had always had. The stronger I became emotionally and mentally, the worse it was at home. I discovered he had hooked a tape recorder to the phone line in the garage to record my phone calls. He really believed I was being

unfaithful. He thought he would catch me talking to other guys on the phone. I had never felt so violated.

Not too long after that he became angry one morning and raised his fist to hit me. I had had enough. I stood up to him, shoulders back, as tall as I could make myself. I loudly and firmly said, "Don't even think about it!" He backed down.

It took some time to pack and leave. He continued to make threats of physical violence but I made it out safely.

I had to move several more times, unfortunately. It seemed like every time I moved he would find me anyway. Sometimes he would park outside and keep an eye on me. Once I had to call the police because he was outside banging on first the front door and then the back door, yelling my name. The police convinced him to leave.

I requested and received an Order of Protection and had my phone unlisted. But I didn't feel truly safe until I got a job at a municipal police department, moved once again, and changed colleges.

You might not think this is likely, but at the police department I began to get my laugh back. One of the lieutenants nicknamed me "Gigs" (short for giggles) and the name stuck. They even awarded me the "most distinctive laugh of the year" award at the 1992 Christmas party.

I went through almost a year of therapy and attended many Al-Anon meetings. Al-Anon is for people whose lives are affected by someone else's drinking problem. It wasn't easy climbing out of that pit I was in, but trust me, the view up here is worth it. I look back at that time and I can hardly believe I was ever there.

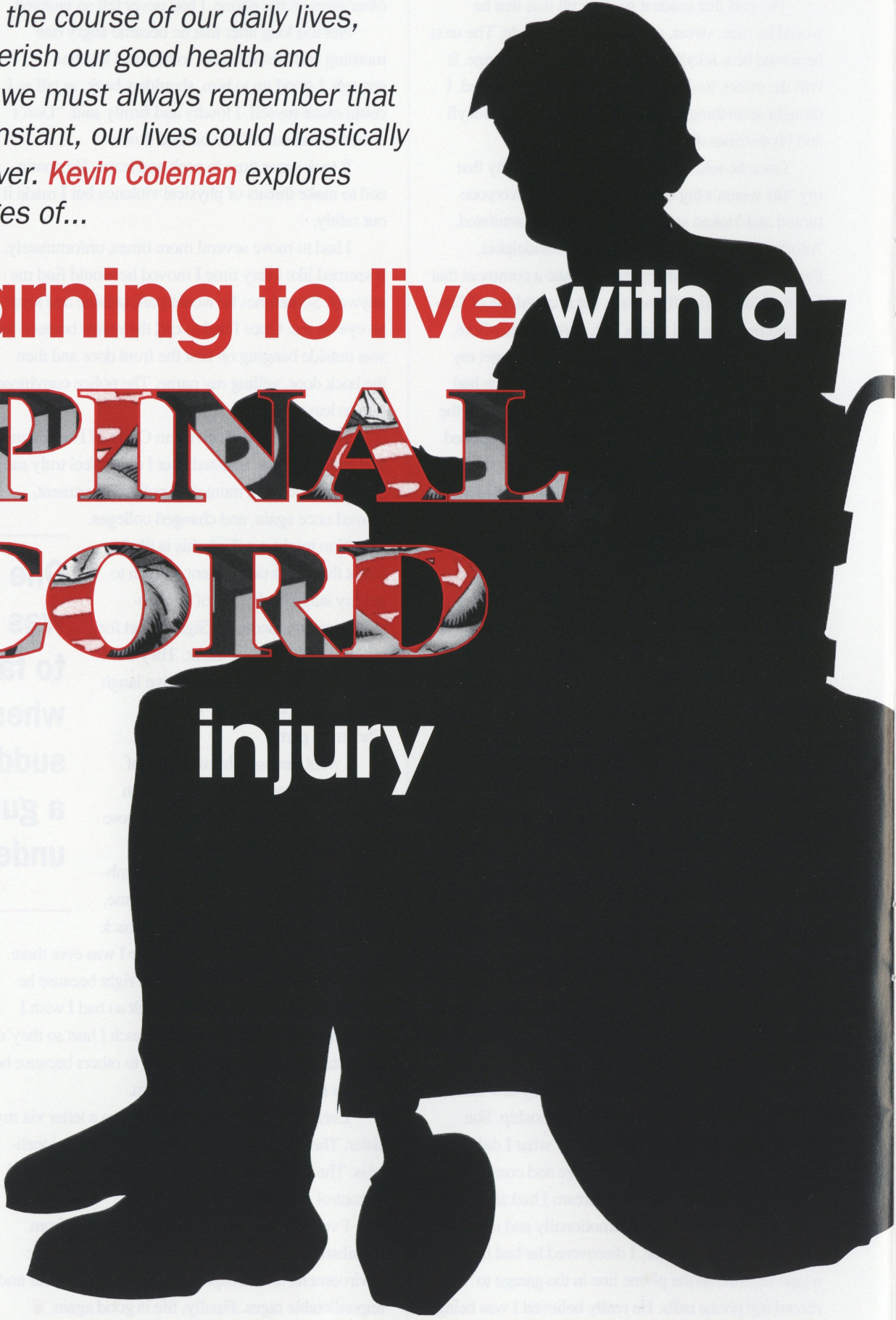
I used to think I was doing all right because he wasn't hitting me. Other times I felt so bad I wish I had bruises to show people how much I hurt so they'd understand. It was hard to explain to others because he was his nice, charming self to them.

Every once in a while he sends me a letter via my sister. These letters are full of self-pity for his loneliness. The words only serve to remind me of his need to control me.

I've been free for five years now—free from humiliation and criticism. I'm free to live in a safe environment, an atmosphere without tension, fear and unpredictable rages. Finally, life is good again. 🍷

**One night, I
was beginning
to fall asleep
when he
suddenly pulled
a gun out from
under the bed.**

During the course of our daily lives, we rarely cherish our good health and safety—but we must always remember that in just one instant, our lives could drastically change forever. **Kevin Coleman** explores the challenges of...



learning to live with a SPINAL CORD injury

BY KEVIN COLEMAN

When I was young, I wanted to be like Superman. Little did I dream that one day Superman would be like me.

Of course I know there isn't really a Superman. I'm actually talking about Christopher Reeve, the actor who played Superman in four movies.

On May 27, 1995, Reeve was competing in a horse-riding competition when he was thrown from his horse and suffered a cervical spinal injury (a broken neck).

I, too, sustained a spinal cord injury. Sixteen years ago, I was hitching a ride and I broke my neck in an automobile accident. But I'm not the only one on this campus who has had to learn to live with the disability incurred from a spinal cord injury.

There aren't any statistics on how many disabled students have attended Missouri Southern (the Americans with Disabilities Act prohibits asking questions about disabilities). But I know of at least five, and there may be as many as 10 people with spinal cord injuries who have attended this school.

Donnie Burr is a junior computer science major at Southern. On May 31, 1989, 15 days after his 16th birthday, Burr dived into shallow water at Stockton Lake and broke his neck.

"I had just had my learner's permit 10 days," he said.

Burr didn't realize what had happened.

"I thought I was dying," he said.

"I couldn't move—couldn't get up.

My friends tried to stand me up. They thought I had just jammed my neck or something. Nothing felt broken.

Nothing hurt. Just nothing moved."

Burr was taken to Cox Medical Center in Springfield. There, he learned why he couldn't move.

"The doctor came into the room and told me that I'd broken one vertebrae and dislocated another," Burr said. "He said I had a 50-50 chance of recovery and that I'd better learn to live with what I still had."

To be a healthy and active young person one day and the next day lying in a hospital room paralyzed from the neck down and to have someone tell you, "You'll have to learn to live with it," is a crushing experience.

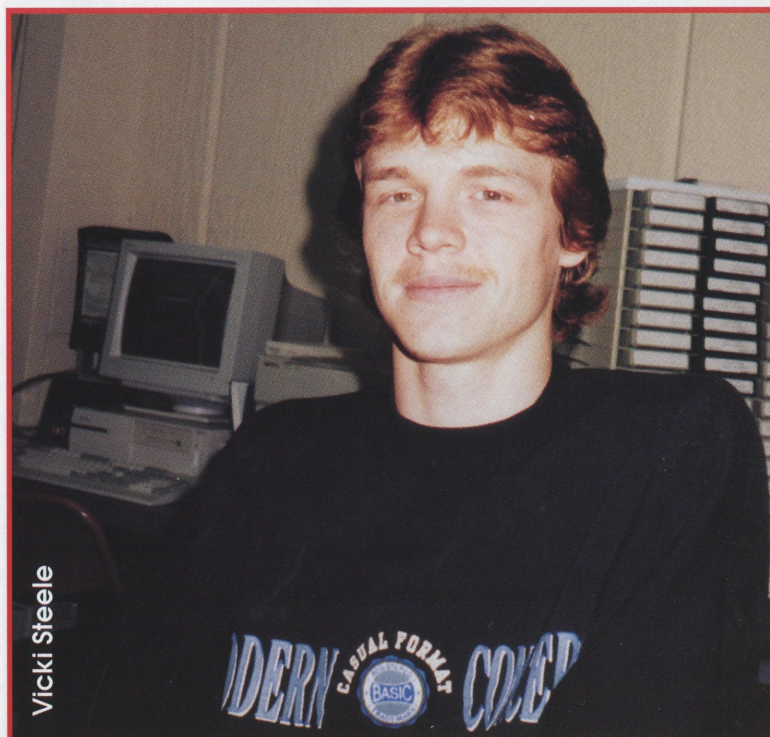
"I went through three stages," Burr said. "I went through the initial stage of 'There is no God.' Nobody loves me. I should just be left here. Go away—just let me die. I don't want to be like this the rest of my life.

"Then I went through the stage of crying all the time. Why me? Why do I deserve this? There are people out there who murder and rape their kids, shoot their wives, or whatever. They're up running around. The most I've ever done is steal a candy bar, and I'm lying flat on my back.

"About two or three months after that, I finally came to grips with reality and decided—well, this is the hand I've been dealt. I'm going to have to either work with it or just give up totally. I couldn't go on crying all the time, hoping someone else was going to do what I needed to get done. I just decided that if this is the way it's going to be, then I'm going to get the best out of life that I can."

Rehabilitation is extremely important after a

CONTINUED ON NEXT PAGE 



Vicki Steele

Donnie Burr broke his neck diving into Stockton Lake at age 16.

spinal cord injury. Burr had to learn how to live and function with paralysis from the neck down. It was a long process that would only begin at Cox.

He spent four months at Cox, where he began to learn to use his arms and hands, building up his strength and mobility through range of motion and exercise. He learned to feed himself "without gagging myself or stuffing it in my belly-button.

"I couldn't get in my chair by myself yet," Burr said, "and I couldn't completely dress myself."

From Cox, he went to Rusk Rehabilitation Center at the University of Missouri Medical Center in Columbia. There he continued practicing the skills he began learning at Cox.

At Rusk, Burr also learned to stand with the aid of braces and a walker or crutches. He still practices this today. He spent eight months there learning to roll

onto his sides, to sit up and do transfers (in and out of bed), to fully dress himself, and perform daily tasks such as cooking meals. He even had a tutor to help him partially catch up on his high school education.

After his release from Rusk, Burr returned to high school.

"Before I broke my neck, I felt there were more things that you could do in life than go to school—it was not a necessity," he said. "My freshman year, I got kicked out of school the first semester for missing too many days. I missed 28 out of maybe 52.

"I wasn't worried about breaking my neck, or anything along those lines. I thought I was going to go into the Air Force. After I broke my neck, I realized I wasn't going to be doing any manual labor jobs, and

none of the armed services were going to want me anymore. So unless I was going to live off the state, I was going to have to get something together. I decided I'd better finish high school and go to college."

Even though he had returned to high school, Burr's rehabilitation was not over. After one semester, he checked into the Missouri Rehabilitation Center at Mount Vernon to build up his stamina.

He returned to school the next fall to finish what he calls his second senior year. Since his original senior class had already graduated, Burr opted to attend school an extra semester and get to know his new classmates. He graduated from high school in 1992 with a 4.0 grade-point average for his last two years and a 3.2 accumulative.

"I even got a plaque for most improved student," he said. "I went from F's to A's. They were pretty happy with me. They were astounded to see me come to school every day. Of course it's kind of hard not to with your parents driving you to school every day. You can't tell them you're going to walk to school and then go to a friend's house."

Burr began his college education at Southern in August of 1992.

"It wasn't too tough to get into Missouri Southern," he said. "My tests in high school were good enough that I didn't have to take any tests to get in."

Burr said people at Southern were helpful in getting him the Pell Grant. Because he lived with his parents, he received no help from Vocational Rehabilitation.

"They made too much money," he said. "So



Burr works four hours a day at the Joplin Police Department.

"It's about the hilliest campus I've ever been on. My main gripe is that the dorms are so far away from the classes. I don't know if they could have them much closer, but for us, it makes it kind of awkward having to go up and down the hills to get over there."

The reader may remember that I started this story talking about Christopher Reeve. I think I should take this opportunity to advise Reeve of something he may soon be finding out for himself. The biggest issue that has always faced people with spinal cord injuries (or for that matter, people who have any kind of disability) is accessibility. I think Burr's story is indicative of this as you read on.

"Sidewalks don't go from the dorms to campus," Burr said. "So I have to wheel through the parking lot, which is really not bad except there's one spot I've got to go through that's got deep ruts and deep holes in the asphalt. Plus, when they repave the roads, they don't slope them off so they are even with the ramps. So you'll be going down the ramp and then come to a lip in the asphalt and you'll come to an abrupt stop if you're doing any rate of speed. That gets a little uncomfortable."

"They also need new curb-cuts to get to all the buildings more easily," he said. "For instance, Billingsly to Matthews isn't set up very well. I think they should have power doors on all the buildings like the ones at Webster."

Burr did, however, say the instructors are good about working with him if they were informed that he might be a little bit late because he had to come from a certain building.

Burr got married last December. He and his wife, Trudy, and their three daughters moved to Webb City this spring. The Independent Living Center got him a ramp to get in and out of his house, and Vocational Rehabilitation is now helping him with school expenses.

"Actually, they went out of their way," Burr said. "I was late signing up for my classes last semester. They were kind of rushed for time to get everything set up so I could get into school in January. They were really good. They paid for everything the Pell Grant didn't pay for, except supplies. I have no complaints."

Burr even got a part-time job this summer. After eight months of searching, he is working four hours a day in records, doing file work, fingerprints, and mug shots at the Joplin Police Department.

"I like this job all right," he said, "I just wish it was

full time. This was my third interview. I was offered jobs at the other two interviews, but they were in sales.

"I would have had to make house calls. I didn't think I would do too well at them if I had to sit out in the yard throwing rocks at the windows and yelling for them to come to the door because I can't get up the steps, so I didn't take those jobs."

Burr said he had applied for somewhere between 20 and 50 jobs that he felt he was more than qualified for.

"Either they weren't accessible in some way," he said, "or the employers didn't feel like I qualified for the jobs because I'm in a chair. It's just people shying away because I'm in a chair. They don't know what I can't do and they're not giving me the opportunity to prove what I can do. That happens in American society. People tend to shy away until you speak to them and they get to know you."

After he graduates, Burr hopes to find a job on the coastline of Texas or Mexico, "or somewhere down in that area," he said. "Generally, the coastline states have a higher demand for computer operators and programmers than the inner states, mainly because of shipping and stuff like that."

"I'd like to work for NASA, but I don't think they'll hire me straight out of college—not with my GPA. What I'd really like to do is get rich."

Burr did have some advice for Christopher Reeve. "Get on your feet," he said. "Spend that money and get well."

Several people I've talked to believe that Reeve's money will be a big plus in his recovery. I have to agree that it could be somewhat of an advantage.

The best health care does carry a price tag that many of us can't afford. Reeve most likely can afford the best, but a broken neck is very different from a broken leg. Reeve's recovery will depend as much on things like the extent of spinal cord damage, his attitude, his willingness to put up a fight, his will to live, and a strong circle of support, as it does money.

Reeve's injury occurred at the C-1 level. At this level, the first vertebrae under the skull, all voluntary movement below the neck, and even some involuntary functions such as breathing, are affected. He is lucky just to be alive.

From news reports, I know his two top vertebrae have been fused together and to his skull. It is said he

Lon Napalooza



BY KEVIN COLEMAN

I'd never been to Lollapalooza before and I had never given any real thought to going. But when Lauren asked me if I'd like to go, I thought, "Yeah, that sounds like fun."

Five of us met a noon, June 10, at my place. My van is big enough for everybody to ride fairly comfortably, even without air conditioning. Halfway between Webb City and Carthage, we heard a noise from the front of the van. Ryan said it was steering kind of hard, so we made a stop at Carthage to fill the power steering pump. At about 1 or 1:30 p.m., we finally hit 71 highway.

Once we were on the road, we started trying to make up a little time. The show was supposed to start at 2 p.m. so we knew we wouldn't see the first of it. Ryan just hoped we wouldn't miss *Beck*. None of us knew who all was going to be there. We just wanted to party.

Larry had brought along a case of beer, so by the time we got to Butler it was time for a rest stop. We stopped at McDonald's and we ordered food. In twenty minutes, we were back on the road, doing 75 miles per hour the rest of the way to Kansas City.

We slowed down once we hit the city traffic, and we missed the I-435 turnoff. We got back to the turnoff right away, but we got slowed down again in a traffic jam. Another twenty minutes, and we were able to get up speed again. Finally we saw the Bonner Springs exit. Just a little further and we made it to Sandstone.

It was 4:30 p.m., but we had made it. The sun was hot, but nobody seemed to mind. There were people everywhere. Booths and tents lined the path to the main stage. There was the "Love Tent," the "Body Shop," "Piercing Reality," and "Head Quarters." I didn't check them out. Their names told me they weren't selling anything I needed, plus I needed my money for food and gas. Besides, I was there for the music.

We found a place on the grass where we could see the main stage. We had gotten there just in time to miss *Beck*. Everywhere I looked, there were bikinis and shorts. It was hot, but everyone seemed to be wet and cool. I saw a few people with squirt-guns, but I didn't think there were enough to wet down that many people. I settled for a cold beer. Sinéad O'Connor was about to take the stage.

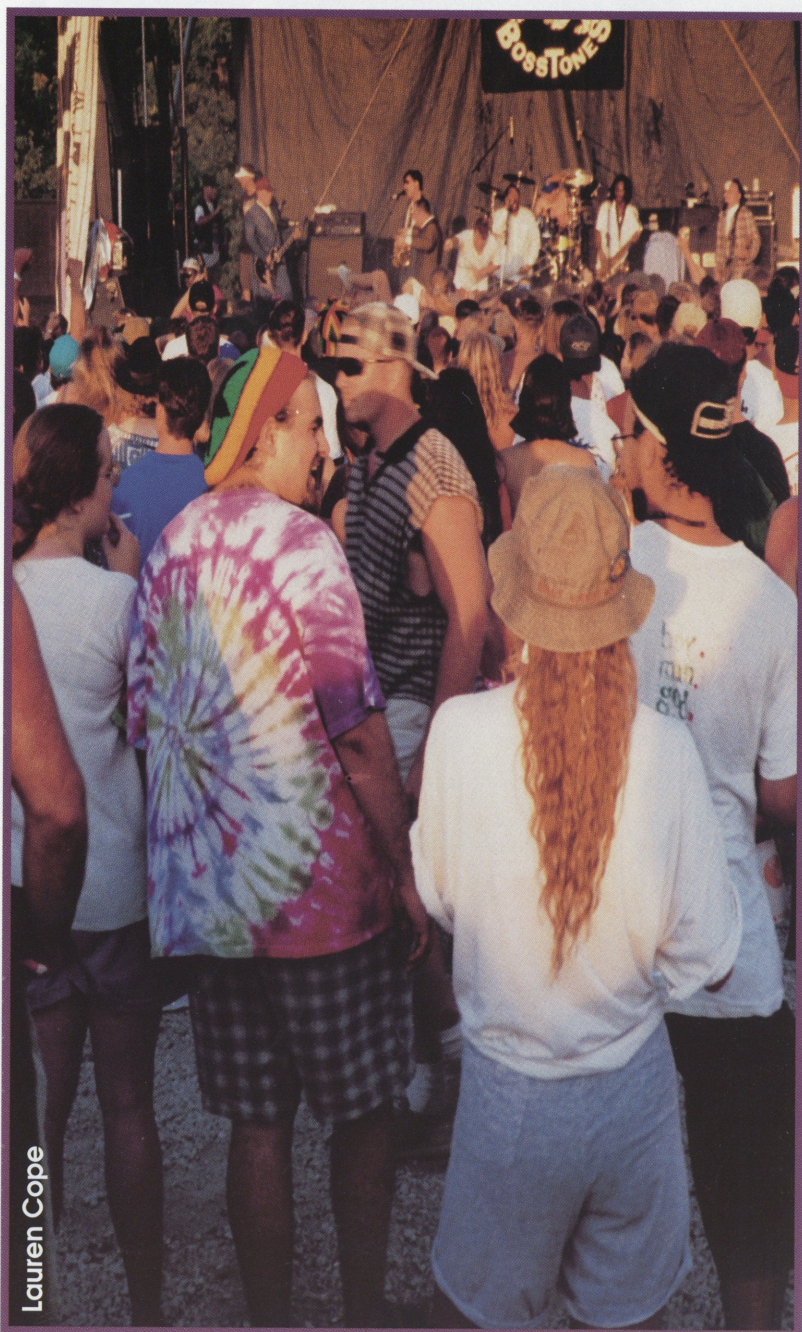
After about three of O'Connor's songs, her voice was starting to irritate me. Someone suggested the second stage might be worth checking out, so Ryan gathered up the blanket and we started that way.

Between the main stage and the second stage was a third stage. I couldn't tell who was playing there from the top of the hill, but the crowd watching them seemed to be enjoying itself. The only problem was, there was a fence keeping us from getting close enough to see.

By now, there were only three of us, and only Ryan had been to this kind of festival before. I had been to Sandstone, but I'd never realized how big the amphitheatre was. As we started walking toward a gate, I noticed a table set up with papers and pamphlets and some people standing around it. I decided to check it out.

When I wheeled over to the table, I saw it was some kind of environmental literature. Then a water pistol

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Lauren Cope



fight broke out. In a few seconds, everyone around the table had been hit. They were all laughing. The water felt good. The girl behind the table was wearing a flimsy summer dress. She gave me another squirt from her pistol and asked me if I'd like to sign her paper. I wasn't sure I wanted to sign anything, but Lauren said it was in support of Earth Day so I agreed. Lauren signed my name, address, and phone number, then asked if I wanted to volunteer. Because I've already volunteered more than I can keep up with this summer, I declined.

We went on out the gates and down a sidewalk to an area where the restrooms were set up. From there we could see "The Lab." The lab was a third stage, set between the main stage and the second stage. Onstage at the lab, when we got there, was some band (we never found out the name) whose lead singer was in his jockey underwear.

This guy knew how to put on a show. He was jumping up and down and around, singing and shouting, and actually sounding pretty good. The fence was still blocking us from getting too close to the stage, but then I saw another gate. Lisa and Larry showed up to talk to Ryan and Lauren just then, but I had found the way in and I was going.

I got in the gate and was able to get within 20 feet of the stage. Finally, I was able to get a good view of the band. I looked over at the fence where my companions had been. They weren't there anymore. I figured they were following, so I sat back to watch the show.

More people were coming on the stage, including two female backup singers. They started playing. The lead singer was still putting on his show, now with a couple of other guys joining in. The female backup vocalist sounded great.

When the song was over, the band went to bantering onstage, for the crowd's benefit. Something was said and the taller of the two backup singers answered. She was dressed to kill, in a miniskirt, fishnet stockings, and a low-cut blouse, but when she spoke I learned looks can be deceiving. Out of the mouth of this statuesque vixen came the voice of a man. I never saw it coming.

The show was a riot. Between the guy in his underwear and the transvestite, it kept a person laughing all the way through. The music wasn't

too shabby either.

I decided since the show onstage seemed to be over, I'd better go and see where my friends had gone. I spotted Ryan and Lauren walking toward the second stage. I got behind them.

The crowd was just heavy enough to keep me maneuvering in and out of traffic, making it somewhat difficult to actually catch up to them. Finally, they looked back and spotted me. I rejoined them and we moved over to view the show.

No chairs were set up at the stage, so everyone was standing. The worst drawback of attending a concert in a wheelchair is that when everyone is standing up, you can't see over them. I could see, however, that someone was being passed around over the heads of the people at the front of the crowd. The band was *Yo La Tengo*, and they were doing a cover of an old Jackson Browne song. I wasn't impressed, but we stayed and watched a few minutes anyway. Lauren was holding my beer for me, and I was getting thirsty. She gave me a drink. It was hot. The sun was hotter. This glass of beer had cost me \$4.50. I finished off the beer.

The band didn't get any better, so we started back toward the main stage. On our way back, I looked at the tents of the vendors selling posters, T-shirts, jewelry, and other miscellaneous merchandise. There were some cool things, but nothing I felt I couldn't live without.

Once we were back at the top of the hill, we just stood and watched the other people in the crowd for a while. There were all kinds of people to watch. There were people with green hair and purple hair. There were girls in army boots, shorts, and bikinis. There were pierced noses, belly-buttons, and nipples. The crowd ranged in age from 14 to 45, and possibly older. It reminded me of going to a carnival in a city on a foreign planet.

We found our spot on the grass in front of the main stage again. It hadn't been taken over, so we reclaimed it. *Pavement* was playing. They were okay, but again, I wasn't particularly impressed. I am open-minded though, so I went ahead and watched the show.

Larry came back to join us for a while again. I was still watching the audience as much as I was the band. Some guy about 15 feet to the right of us was fondling his girlfriend's breast. I wondered if they were going to get naked right there in front of everybody, and if it would really make any difference if they did.

I decided to see if I could get a better view of the stage from another angle. I couldn't get any closer to the stage on the grass, so I wheeled over to an aisle about 10 feet away.

As I sat at the aisle, a girl came by on her way down it also. She walked by me and suddenly stopped. She turned around and asked me for a lift. I said, "Sure, why not?" she stepped onto the back of the chair, and I took her down the hill as far as I could go. After thanking me, she disappeared into the packed crowd.

The view wasn't any better from that spot, so I went back up the hill to where my friends were still sitting. They asked me about my hitch-hiker, but there really wasn't much to say.

Pavement finished its set, and *Cypress Hill* took over the main stage. We packed up again to move back over to the second stage.

The Mighty Mighty Bosstones, in my opinion, put on the best show of the day. Their raucous blues, complete with a horn section, had everyone in the second stage audience up and dancing. Even onstage in their suits and ties for their second show of the day in 90 degree-plus temperatures, they had the energy to play and dance and keep the crowd excited for an hour and a half. For this show, I was finally able to get a good spot to see and enjoy the whole show.

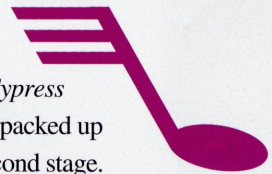
Our whole *éntourage* had come together for the *Bosstones*, but back at the main stage it was 9 p.m. and time for *Hole*'s appearance. Larry was somewhere with Lisa, and there was no keeping up with Lauren's little brother Josh. I didn't mind listening to *Hole*'s music. It wasn't at all bad. But Courtney Love seriously needed an attitude adjustment.

Between songs, she badmouthed the audience, badmouthed other bands (present and not present), and offered to share her infection on several occasions. More than once, I heard people yelling, "Courtney, go home." No one called for an *éncore*.

Sonic Youth was the last band. I thought these guys sounded really good. They also had a good light show, the only one that day. Of course, *Hole* had been the only other band to play after dark.

Fans began to steadily leave during *Sonic Youth*'s set. By the time the show was over and we left, we didn't have to deal with a terrible amount of traffic.

I enjoyed myself, and next summer I think I'll be ready to do it again. ☆





Tonya Prince

It's my life!

Tammy Baker shares her award-winning story about her struggle to take charge of her life.

BY TAMMY BAKER

One of the greatest obstacles I have overcome in my lifetime happened during the summer of 1974. I was 13 years old, and I was in the eighth grade.

I had made cheerleader in school for the last two years, but that year was going to be different. I could not try out for cheerleading again because we were moving. It broke my heart to move because I had to leave my school and friends. We moved about 15 miles south of where we were living, which was out of the school district. My mother remarried.

My 12-year-old brother and I had to accept another person in our lives. Our mother and father had been

divorced for about three years because of my dad's drinking problem.

A year went by and I completed my last year of junior high. Now I was ready to go to high school. I was having great difficulty with my stepfather. He had always made it clear that he did not care anything about me.

One day after an ice storm, which had left several inches of ice on the ground, he had me doing chores. I had to hold two water hoses together in sub-zero temperatures because the ends of the water hoses were broken so they could not be screwed together. He didn't have enough good hose to reach the trough to water his stock. The water was squirting on the sleeves of my coat, face, and gloves. My coat sleeves were starting to get stiff because they had frozen. My hands and my face were

bright red and were hurting from the cold. My nose was running and when I tried to wipe my nose with my coat sleeve, I just kept getting more water on me.

I had been standing out there for about 30 minutes. I was so cold, and I just could not take my hands and face freezing, and the cold wind hurt. This time, I just had enough, so I threw the water hose on the ground and I told him, "My hands are freezing!"

He said, "Pick it up and hold it." By then I was frozen. I was shaking all over and I decided to go to the house. I walked away from him as he was yelling at me. While I was slipping and sliding on three inches of ice, he ran up behind me and yanked the back of my long brown hair. He said, "Where in the hell do you think you're going?" While he was yelling and yanking on my hair, I lost my balance and fell over backward. I remember the thump when I hit the frozen, icy

ground. This hurt! I wasn't expecting to fall on my back. I didn't break my fall and I landed really hard, hitting my head and back.

My stepfather let me go to the house for a while. About 30 minutes later, he made me go back outside and catch my horse. She had been standing over by the hay feeder, but he wanted her tied up to a post so she wouldn't eat his cows' hay. I was walking her slowly over to the gate, because the ice was so treacherous I just could not stand up. We were walking up a hill that was fifty yards from the post where he wanted her tied. She just kept slipping. One of her front hooves would slide and then one of her back hooves would slide.

It took about 20 minutes to walk the way she was slipping back and forth. She was walking cautiously. I knew if she fell, she could break a leg and possibly land on me. Finally we made it to the corner post where he wanted to feed her. He did not care if this 1,000-pound animal fell or fell on me. While I was walking, I was thinking about all the feed my real dad had brought down for the horse when he would pick us up every other weekend or whenever he could make it down to get us. My stepfather was begrudging my horse hay in these weather conditions, and I just despised him for this. I looked out of the corner of my eye, and my stepfather was just glaring at me.

Then he told me to go to the house. He said, "I'll

feed her." I was scared he would hurt her because he was mad at me. I just kept staying outside in the yard between the gate where she was being fed and the back door to the house. I knew he was going to short her on grain and hay, because he always said I gave her too much. He just kept yelling at me to go in the house, but I just kept standing there watching him.

All of a sudden, she hauled off and kicked him on the right side of his face. I couldn't believe she had kicked him and I was shocked. My emotions changed completely when she kicked him and I almost started laughing, but I knew better. I just could not believe it had happened and it was perfect timing. She had never done anything like that before. I do believe it shocked him too. He was not expecting her to kick him. It was like she was tired of putting up with him also.

While I was slipping and sliding on three inches of ice, he ran up behind me and yanked the back of my long brown hair.

I immediately started screaming because I knew he was furious. My mother came to the door and asked what was wrong. She saw the red marks and the dirt from the hoof that remained on his face. My stepfather started beating my horse with a bucket he had brought her grain out in. She was pulling back on the lead rope, stretching it back as far as she could while stomping her hooves and moving her hips back and forth. She would rub her chest up against the barb wire fence while constantly in motion trying not to fall. There was no escaping his anger and the thrashing of the bucket. He continued beating her on her belly, withers, and hips.


I was screaming, "Quit hitting my horse. She's going to fall!" I kept yelling to my mother, "Make him quit, because he's going to make her fall!"

He said, "Get back in the house."

Finally, my mother said, "That's enough."

That day, I never forgave him for the torture he put me and my horse through. I had learned something new that day. I knew what hatred was, and I hated him. However, I decided from that day on, I would never go through these experiences when I grew up. I hated arguing and fighting.

I was 14 years old when I finished my freshman year in high school that spring. That summer, my mother and stepfather found me a full-time job. My stepfather's brother was a supervisor at a chicken plant where I was to

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go to work. He was getting a divorce, so he was staying with us. I was told to lie about my age because of the child labor law and I was hired as a full-time worker. My stepfather's brother started to drive me back and forth to work.

This was a hard, disgusting, filthy job for a 14-year-old girl. I used a huge butcher knife, stood eight feet in the air on a small platform, and cut the pulley bone out of every other chicken that were on hooks that rotated around a belt that hung from the ceiling. As I cut each chicken, the slime and chicken fat ran down my arms and landed in my hair and my face. The smell of butchered chicken was horrible, but I got used to it. Each evening, I dreaded going to work but I would pump myself by thinking how happy I was to be away from home.

At this point, I was thoroughly disgusted with my mother and stepfather. I could not stand to be around my stepfather because my animosity toward him was getting worse. I hated everything about him. He walked with slumped shoulders. He wore his pants way below the waist—it was like he had no butt to hold them up. He always had a crew cut, and he wore a cowboy hat and boots. When he was talking, he always had a cigarette in his mouth and a smirk grin on his face.

My teeth were rotting out of my head, and several of my teeth had big decays in them. I had Red Cross non-prescription store-bought toothache medicine with me at all times because my teeth hurt so much. It was a constant dull pain at the time, and I had to watch out about eating hot and cold foods and drinking liquids. Several nights, I did not sleep because they hurt so bad. I normally just cried myself to sleep.

My brother and I could not go to the dentist or the doctor when we were sick. Our stepfather did not believe in fixing teeth. He thought we should have them all pulled out so we would not have problems with them later in life. He just said that to scare us so we would not ask to go to the dentist. My stepfather and mother were constantly saying we had no money. I knew better because we had been receiving money from the government.

My real dad had not been regular on his child support payments. One day, my grandpa called and told us that my father had been hurt in an accident while building an airport. He was on scaffolding and the cable broke. He

pulled his arm out of socket and fell several feet. When this happened, my stepfather and mother would not let us go to the hospital to see our father. He was behind on his child support payments and they wanted to punish him.

Later, my father called and explained to my mother that she would receive a lump sum of money for back child support and get a monthly check in the mail while he was disabled. The check finally came in the mail, but my brother and I were not allowed to touch or open any mail. The lump sum check came in a manila envelope with an open-slot window. I could bend it just right to

peek through the slot and see the amount of money. I saw a four-digit number of approximately \$2,000. I also saw the check they received each month was for a couple hundred dollars.

We had to take care of ourselves at home. It was like we weren't children. When we got home from school, my brother and I would fix ourselves hamburgers to eat. Most of the time, our mother was laying in bed sick with a headache. She constantly said how we got on her nerves and we should leave her alone. She never wanted us going anywhere because it was a bother for her to have to take us.

My stepfather's brother noticed his brother constantly complaining and ordering me and my brother around. Finally, my stepfather's brother asked me questions about the situation at home and I started telling him. I didn't notice it, but he was taking note of how my brother and I were being treated. I really started to trust my stepfather's brother and I really started confiding in him. He was a really good listener and seemed to really care.

Then I got brave and asked him to help me run away from home. I had been wanting to go live with my grandparents, where my dad had been staying. I pleaded and begged, and he finally said yes.

We made the plan to get me out of there. The first weekend, I moved my horse to my grandparents' house so I would have her out of there. The next weekend, I was to be at an abandoned house down the road at 2 p.m. Friday. He explained that he could not get caught helping me because he could get charged with kidnapping.

On a hot, muggy Friday afternoon, I packed a flowered suitcase with my belongings. I knew my stepfather was at a livestock auction, and my mother was taking a bath. I knew if I didn't go then, I would never get away. I was terrified. If my mother would have caught me, she

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would have beat me to death. She was always slapping us on the legs, arms, and butt with her hands, switches, and belts.

I was thinking to myself, "Just go." I thought about never having to stay in my room again and never having to live with my mother again. I was so scared, but I sucked my stomach in with a deep breath and out the door I went.

My destination was the old abandoned house a mile north on the same dirt road as my house. I was running as fast as I could down the road. The suitcase I was carrying was getting heavy, so I could not carry it any farther. I had just gone only forty yards, and I threw it in a ditch. I knew nobody would find it in the thick brush. I kept hearing cars coming down the dirt road, and I thought my mother was coming down the road, but each time I turned around to look, no cars were there. I decided to cross through the ditch and over the barbed-wire fence to get to the over-grown pasture with blackberry briars and brush that was taller than my head. In the brush, I could hide in case she came after me.

That day, the temperature was more than 100 degrees. I did not even think about the briars and the brush when I left the house. Every step I was taking, I was pushing brush out of my face. The mosquitoes were thick. It was like I was in a bee hive that just followed me as I ran. I had to keep my mouth closed while running because I knew I would suck them down my throat. They were landing on my body and biting me on my face, arms, and legs. I kept slapping myself where they were landing, but it did not help. Everywhere I slapped, blood would smear and more mosquitoes kept landing on me. I remember looking down at my legs and they were red with blood from the briars ripping at them.

It took me approximately 20 minutes to get to the old abandoned house where I was to be picked up. When I got there, the brush was thick around the abandoned house. I had to get down on my hands and knees and crawl in and out of grapevines, spider webs, and thorn bushes. It was as if I was in a maze.

I eventually got to the huge oak tree by the dirt road where I was to be picked up. I sat there for about five minutes, and I could hear a vehicle coming down the dirt road. My knees were knocking and my hands were shaking from thinking it was my mother. The vehicle scat-

tered dirt and rocks as it stopped, and I heard a man's voice saying, "Tammy." It was my stepfather's brother. He hurried me around and put me in the floorboard of his truck.

The 30-minute drive to my dad's house took forever. My dad was waiting outside the house for me. He had a sour look on his face like he was in a bad mood, and it looked like he had been drinking a little. He always had bourbon under his truck seat. He was standing beside his green and white Chevrolet truck. I got out of my uncle's truck and into my dad's truck.


We left and went into the city to pick up my dad's payroll check—by this time, he had gone back to working. Then my dad started in with snide remarks. He accused me of sleeping with my uncle. I immediately got upset about that because nothing like that happened. This was a great disappointment. I felt hurt, sad, and betrayed when he said what he did. I was embarrassed that he thought this, and I did not really want to talk to him after this. He was always famous for his cocky attitude, and especially when he had been drinking. I was wondering to myself if this situation was going to be better. I did not know what to talk about since he had embar-

rassed me, and I would agree with most of what he said in conversation.

After we left the city, he took me to his sister's place of employment, a bank at the county seat on the square. He left me there because he did not want the responsibility of a teenager and he just didn't know what else to do with me. He made me go into the bank by myself.

I was embarrassed to go in because my legs were bloody and my clothes were torn from the briars. My arms and legs looked terrible from where the blood had dried on them. My aunt spotted me coming in the door and she had me come into her office. She said, "What in the world is going on, and why are you so scratched up?" I explained some, and she said, "I will be ready to go in about 30 minutes and you can tell me then." My aunt just gave me a stool in the corner of her office. I was feeling really unsure at this time. I looked horrible and did not want people looking at me. She finally got off work. It seemed like forever. We went out the back door of the bank and got in her car, and she took me home with her.

**I was terrified.
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The next morning, my aunt got a phone call from my mother. My mother said, "Just keep her because she's too hard to handle."

From then on, my aunt and uncle had a big responsibility of raising a teenager, but they have been supportive and have loved me ever since. I thank God there are special people like my aunt and uncle.

My aunt had to take me to town that Saturday afternoon to buy me some clothes to wear. I had a little money that I had saved from working at the chicken plant, and I gave it to my aunt for the clothes. We did not get my other clothes from my mom's house until later that summer. My uncle took me to get my clothes, and we found

my suitcase in the brush alongside the road. All I had in the little suitcase was my ball glove and my clothes. My mother did give me my horse figurines I had been saving since I was a child.

One day, my aunt questioned me about what was smelling in the trailer we lived in. I said, "I don't know what you're talking about." I thought it might have been maybe my tennis shoes or me that smelled, but I always took a bath.

She said, "Yes you do. Are you using some medicine?"

I said, "Yes, it's my toothache medicine."

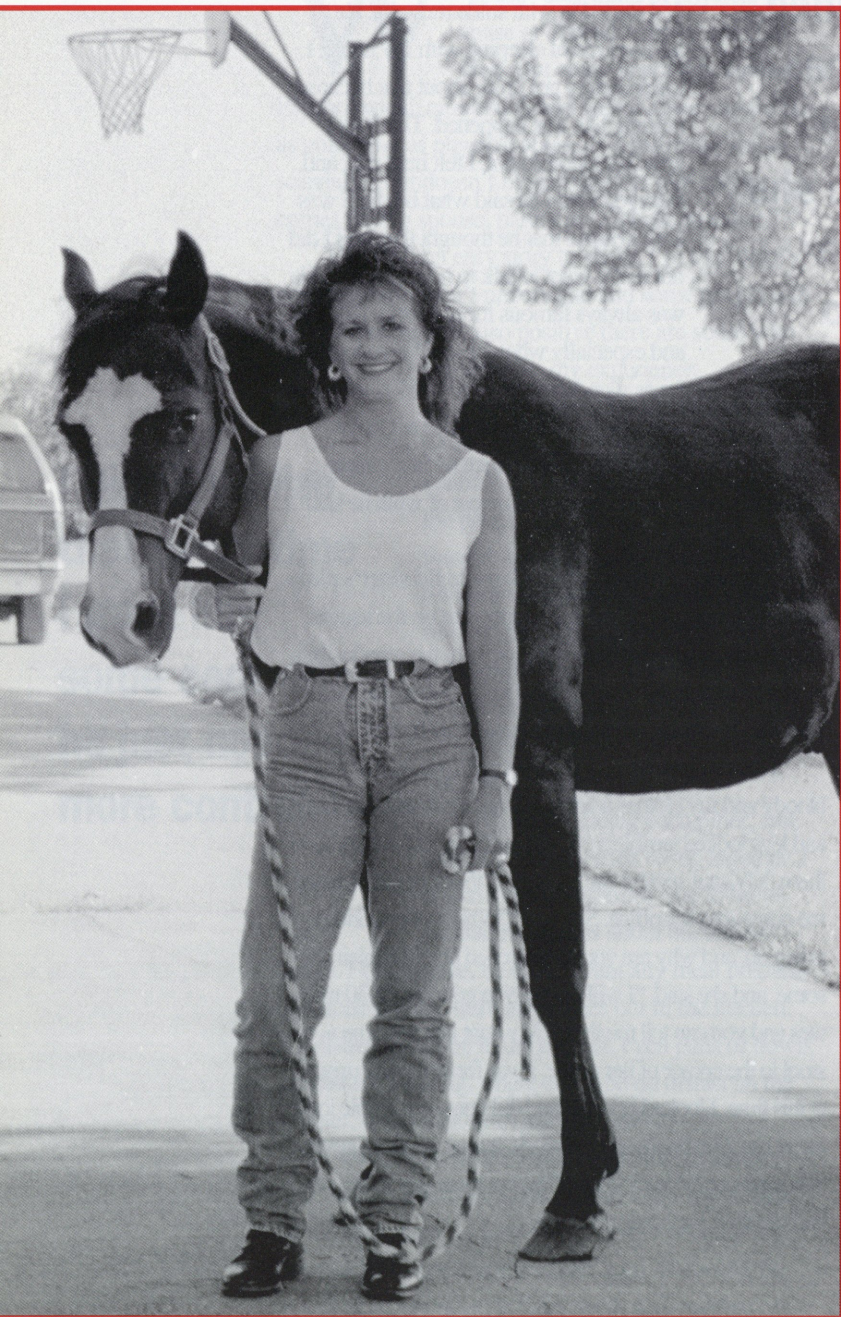
She said, "You're going to the dentist because I cannot stand that smell and you need to get your teeth fixed." They spent about \$2,000 fixing my teeth. I immediately had to have two root canals and several caps because the teeth had decayed to the gum.

When I turned 16, my aunt and uncle gave me \$500 for a down-payment on a car. My uncle bought me four new tires so I would not have any flats. At Christmas or on my birthdays, I was treated the same as my cousin. After my junior year in high school, my aunt and uncle sent me and my cousin to Colorado for a summer vacation. I was not used to any of this, and I had never had such nice clothes before.

My mom and dad did not give my aunt and uncle any money for anything I might have needed for school or at home. They did not even make an effort to call and see how I was doing. Occasionally, my dad would drop in or I would see him in town and he would give me gas money. He spent most of his time working on an asphalt crew on the West Coast. When he came in, he would party it up and blow money.

It's been a struggle all of my life to pay my bills. I have been on my own since I was 17, when I graduated from high school. The jobs I have had, such as working in banks, have been more pleasant than the job I had cutting chickens, but the rate of pay has always been terrible.

There will always be traces of my past etched in my mind, but I will not let the past predict my future. I made my decision to go to college about four years ago, but I could not enroll because I could not manage my bills and go to school at the same time. So this year, I went to the bank and I borrowed money on my trailer to pay for a semester of schooling. I really love going to college. It has been the best thing that has ever happened to me. It has given me a lot more respect for myself. ☆



A job is a job... **W**right? **W**rong!

BY TONYA PRINCE

You're 10 minutes behind schedule, your clothes are still drying, and your hair is a mess. What can you do?

Comb your hair real fast, throw on your wet clothes, and jump in your car and try to be on time for work—or be late once again? Hopefully, if you jump in your car and roll down the windows on the way to work your clothes will be dry by the time you get there.

When the word 'work' is mentioned, a number of thoughts go through people's minds. Whatever your thoughts, though, most people have to have a job at some point in their lives.

"The main reason you have a job is you need money," said Toni Dillard, a sophomore at Missouri Southern who works as a shift supervisor at Hardee's.

So if any job gets you money, then any job is okay, right? A job is just a job, right? Any job will do, right? Wrong!!

People choose different jobs for different reasons. So even though money is a big factor in the job you have, there are many other reasons to consider when you go job hunting.

"A job gives you self-esteem because you know that you are responsible for that job," said Julie Abrisz, a junior business administration major who is a receptionist at Coldwell Banker Brady Stevens.

If you are looking for a job, or looking for a new and different job, there are a few things to think about. Even though money is the main goal, it seems that there are many other things people would like a job to bring them.

When getting a new job or your first job, you will meet all kinds of people, which can be great. The people are new and the environment you are in will be new and exciting at first.

Then after you've been at your job for a while you will begin to take responsibility for what you do and, hopefully, gain satisfaction from what you accomplish.

"It's a possibility to get your foot in the door for the job you eventually want," said Carrie Glaze, senior speech communications major at Missouri Southern.

If you are lucky enough to have a starting position in a company, this new job could help you get your foot in the door for the job you wish to attain later in life.

So I guess a new job can be pretty fun. You can meet new people, have a new environment, gain satisfaction, take on responsibility, have money, and get your foot in the door for the job you wish to attain.

People are great, right? One good thing about your job is people, but what if you do not like the people you work with?

"When you have a job you have to put up with people you do not get along with at all," Glaze said.

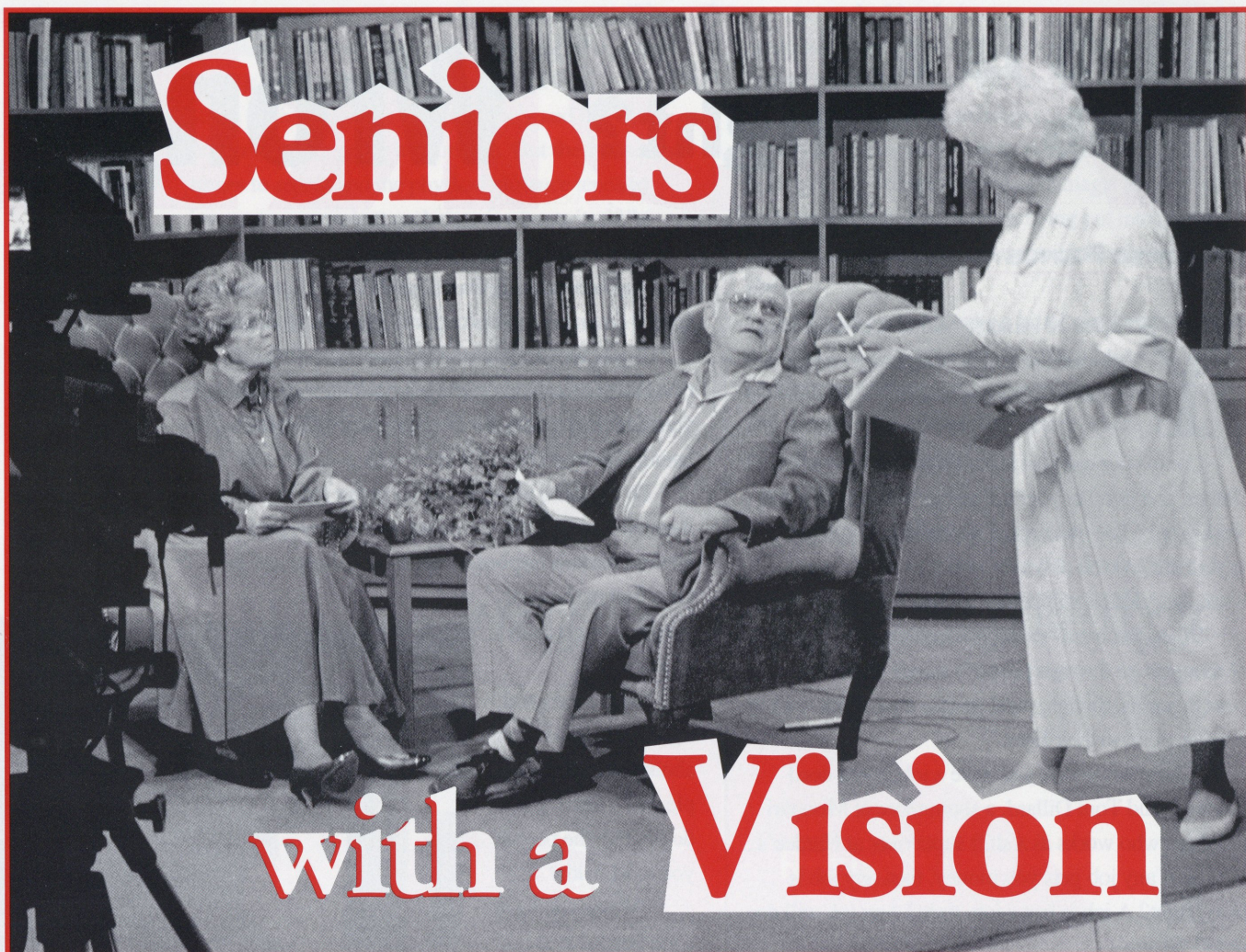
A job gives you freedom, but it also takes away from your freedom. You have less and less time to do the things you want to do.

Your friends say, "Hey let's go out!"

Guess what? You can't! You've got that job that gets you money and makes your life more complicated.

When getting a job, consider the good and bad points of having that job. Take a look at yourself and see what you can and cannot put up with. You'll most likely hold many different jobs in your lifetime. It's always nice to know what you're really getting into whether you need the money or not, because a job isn't just a job—it's your life. ☆





The following script is excerpted from a presentation by **Jo Shiner** to the Missouri Governor's Conference On Aging. The project was selected for presentation because of the unique and effective relationship between the senior citizens on the **Visions Unlimited** crew, Missouri Southern State College staff and students, and the community this program serves.

BY JO SHINER

I have been asked to speak for the nuts and bolts of *Visions Unlimited*. Our group was started in September of 1988 and consisted of 30 enrollees in the television production class. Since that time, we have evolved into a shifty group of 20 to 24 people skilled in many phases of television.

We are a group with widely divergent backgrounds which has come together to work toward a common goal and learn something new, doing something new and loving every minute of it. We have teachers, computer operators, a priest, veterans, both men and women, accountants, railroaders, sales people, office workers, and farmers. Our very best field camera operator is a farm wife from Riverton, Kans. One of our best interviewers is a lady of 75, a house-

wife, mother, and grandmother who is interested in everything.

As we worked hard to learn, we found people who excelled at one task over another. Each of us has chosen to do what we do best or like to do. I, personally, do only two things, produce and edit. Others interchange easily from direction, to camera work, to hosting or interviewing. Some like to be on camera, others refuse to do so. One thing we do not have is anyone with previous media experience.

Visions Unlimited people are involved in many community activities which gives the group an entree to lots of resources. There is participation in veterans' groups, crosslines, churches, hospitals, literacy, home-bound meals, nutrition centers, silver-haired legislature, and Over-60 Olympics.

There has been a wealth of side effects from this TV group. Friendships have happened. Support of our "family" is evidenced by one member providing physical and mental support to a newly-widowed member that enabled her to stay in her own home. Another member lost her husband and the group continues to

provide love and support. Our single ladies say this is one place where they never feel like a fifth wheel. There is a job and a place for all who wish to participate.

In closing, I would like to state what this program meant to me personally

- An opportunity to learn
- Meeting over 100 guests for as many fields
- Understanding TV broadcasting problems
- Appreciating my husband's skill on the editing machine as I bark about which frame I want to use
- Friendships that spill over into celebrations at a moments notice
- Friendliness and helpfulness of the many students when we need assistance
- An opportunity to work with the wonderful professional people in the college atmosphere, and
- To work with the dedicated people who staff the Area Agency on Aging

Visions Unlimited is an important part of my personal life. I would recommend our program to any community, urban or rural. ☆

CROSSROADS EXTRA

Retirees stay active

BY JUDY STILES

Missouri Southern Television is proud of the special relationship between *Visions Unlimited* volunteers and Missouri Southern. It is one example of how the College and the community can work together for the betterment of everyone involved.

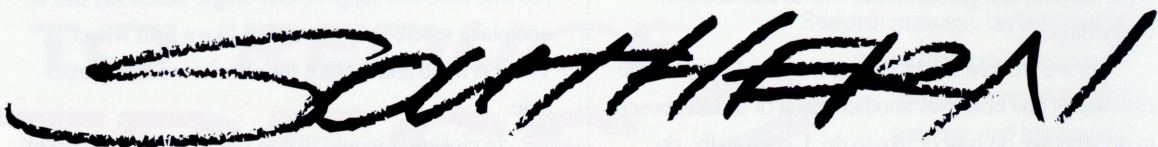
I have been fortunate to work closely with members of the Retired Senior Volunteer Program who make up *Visions Unlimited*.

Volunteering is a primary aspect of their program. They are

available to help run cameras on other television productions. Two members work in master control each week (Wayne Kester on Monday evening and Freda Culver on Thursday morning), putting local programs on K57DR and MSTV. Their efforts help MSTV take further steps in serving the community.

The energy, creativity and enthusiasm shown by *Visions* volunteers is contagious, spreading to staff and students. They are a prime example of the term "active retirement." We are proud of the special association between the college and this special group of senior citizens. ☆

The energy, creativity and enthusiasm shown by *Visions* volunteers is contagious...



Did you know?

Yes! Now you can amaze your friends, classmates, and anyone else you know with your knowledge about Southern. You don't have to take a class! It won't cost you a dime! All you need to do is read this article.

BY KEVIN COLEMAN

DID YOU KNOW?

- ✓ Missouri Southern was originally Joplin Junior College from 1937 to 1964.
- ✓ The College's first building was located at 4th and Byers. In 1958 it moved to 8th and Wall. Both buildings were former Joplin High School buildings.
- ✓ The first freshman class at JJC had a total enrollment of 114. The first graduates with associate degrees in 1939 numbered 23.
- ✓ In 1964, JJC became Jasper County Junior College.
- ✓ The first classes conducted at Southern's present location began June 8, 1967, the opening day of the summer semester. Enrollment for that semester was approximately 225. The fall semester of that year, JCJC became a four year college (MSSC) and enrollment was 2,411.
- ✓ In 1969, Southern handed out 198 baccalaureate degrees, the first graduating class to earn a four-year degree at the school. Eighty-eight students also graduated with associate degrees for a total number of 286 graduates.
- ✓ Southern has grown considerably since 1967. When the school opened for business, it had four buildings ready for use. They were Hearnes Hall, Reynolds Hall, Spiva Library, and the Mansion. Today, there are 28 main buildings on campus.
- ✓ There is a total of 4,178 classroom seats at Southern. Auditorium seats total 2,638 and there are 843 laboratory stations.
- ✓ Original cost of all the academic and main buildings on campus amounted to \$28 million. It would cost \$62 million to replace them.
- ✓ The schools total gross square footage comes to 780,846.

ABOUT THE STUDENTS

- ✓ In the spring semester of 1995, there were approximately 5,000 students attending Southern. Summer enrollment was 1,556.
- For the fall semester of 1994, 5,334 students were enrolled. Forty-four percent of those students (2,362) were men and 56 percent (2,972) were women. This total shows a 23 percent increase over 1981's count of 4,330.
- ✓ Minorities counted for only 6 percent of the total with 322 attending. There were 89 African-American students (approximately 1 percent). Native Americans numbered highest of all minorities at 155, or 3 percent, and Asians and Hispanics each totaled 39 students or 1 percent of enrollment.
- ✓ The average age of students in 1994 was 27. The oldest was 84, and the youngest was 16. There were 3,456 under the age of 24 (65 percent).
- ✓ Twenty international students representing Hong Kong, China, Taiwan, Columbia, Peru, Argentina, Puerto Rico, Jamaica, New Zealand, Africa, Sri Lanka, Russia, and Sweden also attend classes at Southern.
- ✓ Southern awarded 189 associate and 598 bachelor degrees in the spring of 1994, totaling 787 degrees.

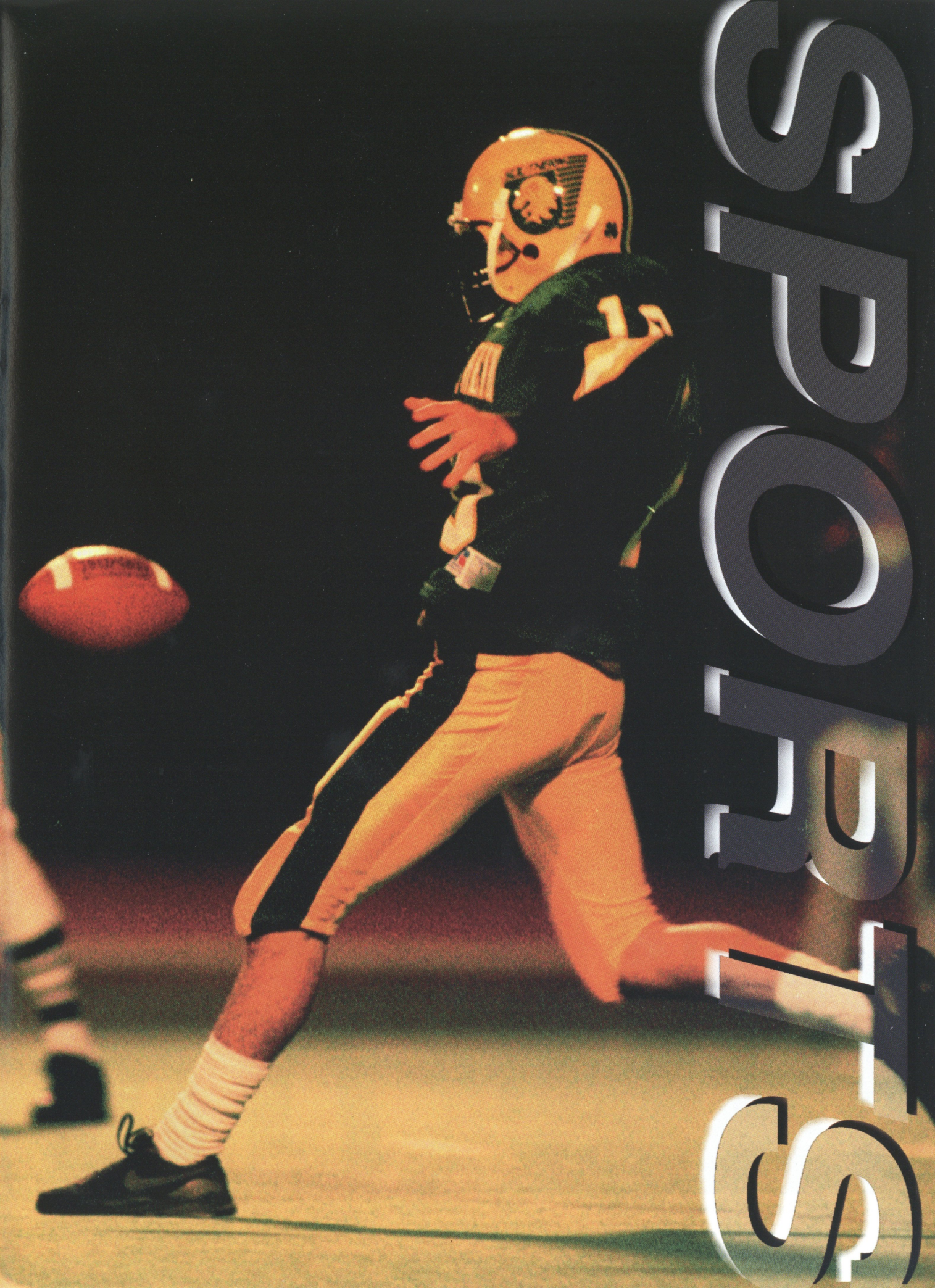
ABOUT THE FACULTY AND STAFF

- ✓ Southern has 230 full-time and 71 part-time faculty. The school also employs 176 full-time and 21 part-time staff.

ABOUT THE FOOD

- ✓ Southern spends approximately \$58,000 for close to 12 tons of food monthly. Thirty-two employees make up the food service staff. The school has

SEE FACTS, PAGE 41



SPORTS

FALL PREVIEW

WHAT TO EXPECT FROM THE LIONS THIS FALL



BY CLIFFORD HENRY

The semester is getting started and for a group of students, going to class is not the only concern. For the athletic teams, practice and preparation for the upcoming season is underway.

The coaches and players are putting in countless hours day after day to get ready for their upcoming

seasons. At Missouri Southern, the overall outlook for fall is a good one.

In the fall of 1993, the football Lions were atop the MIAA with a 9-0 conference record. Now, in 1995, they look to be right in the hunt for a second MIAA title.

The Lions are returning some key players from last season. Defensive lineman Steve Halvorson, defensive end Richard Jordan, and linebacker Melvin Monet lead the way on defense.

Halvorson, a junior from Marengo, Ill., is a two-year starter and has been a steady player for the Lions. Last year Halvorson made 54 tackles. Jordan, a junior from Vian, Okla., is a dominant player. In 1994, he was second on the team with 80 tackles and four



courtesy Sports Information

Albert Bland (left) celebrates a touchdown with teammates Yancy McKnight (#73) and Chris Tedford (#54).



Melvin Monet (#50) returns at linebacker for the Lions this fall. Last year, Monet led the team with 111 tackles.

sacks. Monet, a senior from New Orleans, La., is also a two-year starter and is one of the top linebackers in the conference.

"You can't block him," said Dan Scheible, assistant football coach.

Monet led the team in tackles last year with 111 and was second the previous season with 106.

On offense, the key returning players are runningback Albert Bland, right guard Yancy McKnight, and wide receiver James Thrash.

Bland, a senior from Kansas City, returns after rushing for 1,511 yards last season to lead the MIAA. He and fellow senior McKnight are the team's two All-American candidates. McKnight, from Joplin, leads an offensive line that returns all but one player. Junior James Thrash, from Wewoka, Okla., returns at wide receiver. He caught 18 passes last season for 289 yards.

The other returning linemen are senior Don Beck from Gladstone, Mo., and juniors Harry Hodge from Clute, Texas, and Joe Streich from Oklahoma City. Streich may be lost to the defense as he may start as a defensive lineman.

The Lions will also return two seniors who were Honorable Mention All-Conference selections for kicking—Brandon Dawson, a punter from Sarcxie, and placekicker Eric Jackson, from Mustang, Okla. Last season, Dawson punted the ball 44 times for 1,611 yards while Jackson went 8-16 in field goals and 30-30 on PATs.

One of the Lions' assets this season is diversity.

"We have a good mix of young guys who will learn from the returning players," Scheible said. "Guys like Chris Crawford will be able to learn from Monet, and Brad Cornelsen will learn from Thrash and LA Maclin." ☆

SPORTS EXTRA

1995 Lions' Football Schedule

September

*9 Central Arkansas 7 pm
16 Emporia St. 7 pm
23 Cent. Mo. 2:30 pm
30 UM-Rolla 7 pm

Home Games In Green

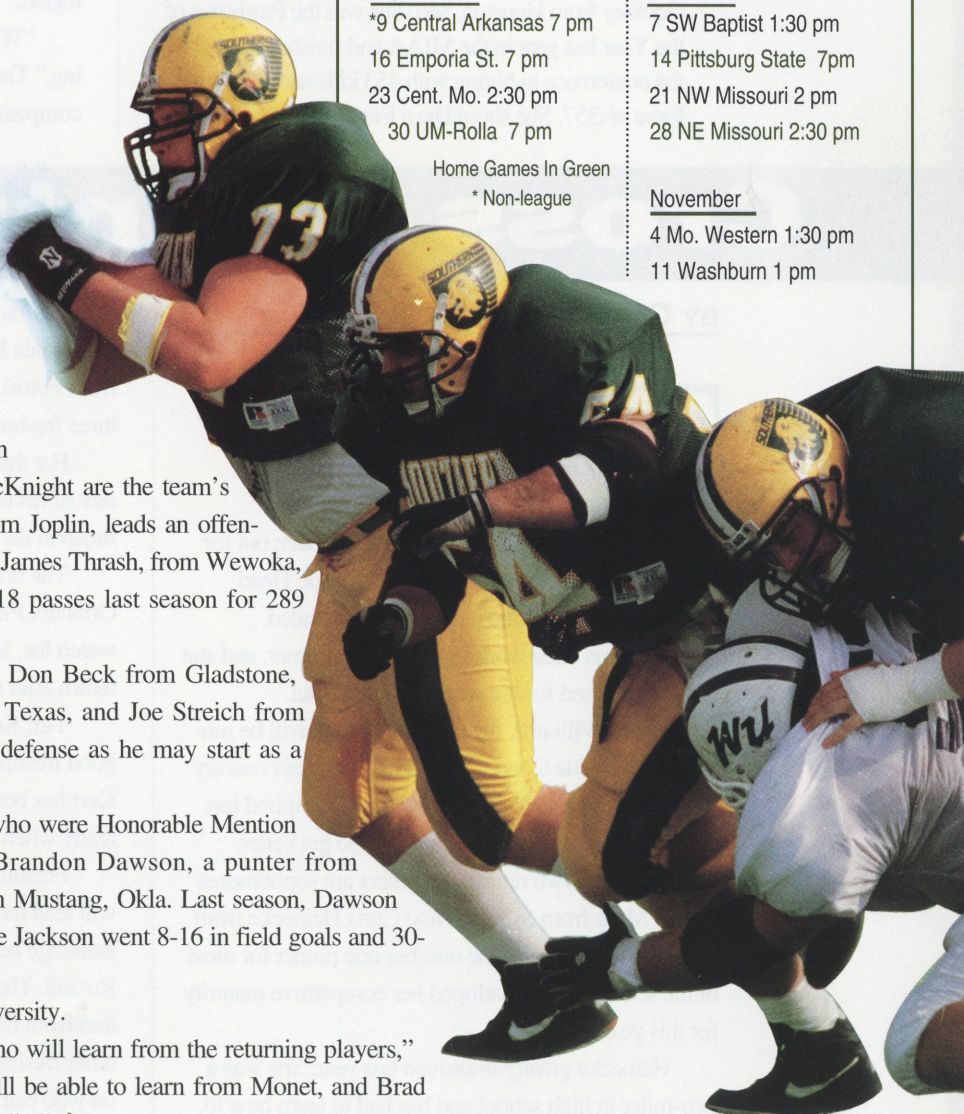
* Non-league

October

7 SW Baptist 1:30 pm
14 Pittsburg State 7 pm
21 NW Missouri 2 pm
28 NE Missouri 2:30 pm

November

4 Mo. Western 1:30 pm
11 Washburn 1 pm



Volleyball

BY CLIFFORD HENRY

After a shaky start, the volleyball team went on a tear the final two weeks of last season. The Lady Lions jumped two spots from seventh to fifth, ending the season with a 10-1 record down the stretch.

"The general outlook is very positive and very exciting," said head coach Debbie Traywick.

Setter Becky Harrell graduated last May, but the team will have 11 returnees. Junior Jenny Easter from Houston, Mo., has been waiting in the wings for the last two years to take over as the team's setter.

"She was a high school All-State volleyball player and is very competitive," Traywick said. "I think she will be able to do the job."

The Lady Lions also return sophomore Stephanie Gockley from Houston, Mo. She was the Freshman of the Year last year in the MIAA and finished second in the conference in hitting with 453 kills and an attack force of .357. She should be a force

offensively this year as well.

Senior Lyn Dee Harrelson, from Truth or Consequences, NM, was a junior college transfer last season and should be more comfortable on the team this season, according to Traywick. Last season, she had 31 blocks, 26 aces, and 24 assists.

Junior Neely Burkhart from Joplin has been a steady player for the Lady Lions and appears ready to step her game up to the next level. Last season, Burkhart led the team with 528 digs and 71 aces.

The only new faces on the team this fall are two Springfield freshman, Erin Fielding and Lorin Pope.

Traywick looks for the team to start off as strong as they finished last season. The Lady Lions play a tough schedule early, competing with the top teams in the region.

"With a large majority of juniors and seniors returning," Traywick said, "we should be able to handle the competition." ☆

Cross Country

BY CLIFFORD HENRY

The Lady Lions' cross country team will have three new runners who look to help them become much more competitive.

Seniors Rhonda Cooper and Kathy Williams will lead the team. Cooper has been out for 18 months with a stress fracture in her foot. Head Coach Patty Vavra said it appears fully healed.

"She has been working hard this summer, and she is really focused for the season," Vavra said.

Kathy Williams, from Carl Junction, will be running right beside Cooper. For Williams, cross country is her greater love. She, like Cooper, was injured last year and also has been working hard to get better.

The other two returning runners are sophomores Cassie Moss from St. Louis and Chris Heinecke from Quincy, Ill. Moss was the number one runner for most of the season. This developed her competitive maturity for this year.

Heinecke greatly improved last year. She was a two-miler in high school and has had to learn how to

run a 5K race.

Sonia Blacketer from Seneca, Amanda Harrison from Potosi, Mo., and Kim Sneddon from Carthage are three freshmen who will be vital to the team's success.

For the men, coach Tom Rutledge has tripled the size of his team from last year. The team has a goal to finish in the top four of conference.

The only senior on the team is Paul Baker from Orlando, Fla. The team has a few different players to watch for. John Wilks, a sophomore from Joplin, will return after spending five years in the Marines.

Tim Kerr, a sophomore from Quincy, Ill., had a good freshman year and looks to be better this year. Kerr has been nursing a minor foot injury but should be ready when the season starts.

Freshman Derek Russell, from St. Charles, Mo., will lead the list of newcomers and will run the 10 K. Rutledge believes the longer the race, the better for Russell. The biggest problem will be making the transition from high school to college. Rutledge also has four other freshmen who could make the squad, depending on who can step it up. ☆

Golf

BY CLIFFORD HENRY

For head coach Larry Clay, experience will not be a problem on the links this year as he will return everybody from last year, adding one freshman.

The returnees are seniors Heath Holt and Scott Smith, juniors Chris Mitchell and Kevin Walker, and freshman All-Conference member Jason Mickey. The only new player is Chad Smith from Seneca.

Clay is looking to again see improvement from the fall to spring. Last season, the team shaved 10 shots off its score. This year, dropping five shots could put Clay's team in the top three in scoring.

The Lions finished third last year in the MIAA, and are looking to finish in the top half once again.

"They never give up," Clay said. "That's how you have to do it. You can't let a bad score get to you." ☆

Soccer

BY CLIFFORD HENRY

Last season, the Lions were able to come out of nowhere to finish second in the MIAA with a 4-1-0 record. This year, under new coach Jim Cook, they will not be able to surprise anybody.

"I'm going to key more on defense," Cook said. "My philosophy has always been that if the other team doesn't score, you don't lose."

With a new coach, every starting position is up for grabs. Cook looks to condition the players so they can go all out for the entire game.

Junior forward Todd Eaton from Broken Arrow, Okla., returns as top scorer from a year ago. His 14 goals and 4 assists led the team in both categories.

Senior midfielder Brett Ulrich from Springfield

was tied for second in goals and assists with 4 and 3.

Senior Grady Huke from Lee's Summit, Mo., will look to help hold down the defense. Huke will also help on offense. He scored one goal last year and had two assists.

The Lions will also have some freshmen who will help chase after the MIAA soccer title. Jose Suarez from Quito, Ecuador, will play forward, Adam Bahr from Florissant, Mo., will play defense, and Andrew Ketteler from Omaha, Neb., will play in the midfield.

The Lions also return two very capable goalkeepers in Chris Lewis and Darrell Withem. Last season, the two split time in goal. This year Cook will let the situation decide who will be the keeper from game to game. Last year the two combined to only allow 1.94 goals per game. ☆

Tennis

BY CLIFFORD HENRY

The Lady Lions tennis team will begin this fall with only three players from last season on the squad. The team returns its number one player in Wendy Alloway, the number two player in Holly Hammett, and Calli Frye

will also return after playing both five and six last year.

The team will also have freshman Tracie Poore from Neosho this season. The squad will have to rely on its veterans to help the newcomers adjust to playing tennis in the MIAA, which has several strong teams at the top. ☆

Grandparents' Day Special

A
Tribute
To

Grandpa Pete

BY VICKI STEELE



My Grandpa Pete has done just about a bit of everything, I guess, except brain surgery. During most of my childhood, he built houses. In fact, he helped build the house I lived in until I was 13.

Grandpa Pete likes to wear flannel shirts and bib overalls, comfortable clothes. He used to live on a farm and that type of outfit served as work clothes, farm clothes, and Saturday go-to-town clothes.

I never remember seeing Grandpa Pete with teeth except in a picture. My mom told me he didn't like his false ones because they hurt his mouth. That's probably one of the most remarkable things about Grandpa 'cause it seems like he'll eat just about anything. He's never been fat either. He just enjoys food, whether he's eating it, cooking it, or catching it.

I don't know which he likes better—fishing and hunting, or sitting around telling stories about fishing and hunting. Either way he can get excited, but I guess he probably likes actually doing those activities more.

I'll never forget this one time when Grandpa Pete came in from a hunting trip with a mess o' squirrels. Everything he caught was always a mess—a mess o' fish, a mess o' rabbits, or whatever. Maybe he called them a mess because that's what happened when he started cleaning them.

Anyway, he spread newspapers out on the kitchen floor and started cleaning the squirrels. For those of you who don't know, 'cleaning' actually means skinning the hides off and gutting the squirrels. My sister and I were squealing in disgust and horror. To quiet us down, he tried promising each of us a squirrel tail. That almost stopped our commotion for a moment but we had seen too many cute and cuddly cartoon squirrels for that ploy to be truly effective. Finally, Grandpa Pete started a little sing-song routine about taking off the squirrel's fancy fur coat and trousers. We were hypnotized after that and actually sang along a little ourselves.

I ate food at his house that I don't think I even

would try anywhere else—like barbecue squirrels and rabbits, or fried frog legs. One of my favorite dishes was Grandpa's ice cream sandwiches. I'm not talking about those skimpy little ice cream sandwiches you find at a supermarket. No sir! He would cut angel food cake into thick slabs. Then he's open a whole carton of ice cream and slice that up. A slice of ice cream between two pieces of angel food cake—now that's an ice cream sandwich!

I wish everyone could have a Grandpa Pete in their lives. He is wonderful in so many ways. He taught me about compassion for other people. He never said anything about compassion, really. He just gladly welcomed everyone into his home, then was a little sorry to see them leave. He was always glad to lend a helping hand.

He taught me about life, but not with any lectures. He worked every bit as hard as he enjoyed his leisure time. He was just as proud of the bricks he laid as he is of his family. He is ethical and honest and fair, even when playing checkers. Life hasn't always dealt him the best of cards, but he's never cheated anyone. He continues to enjoy many of the small gifts of nature others might take for granted.

And he taught me about love. I just always knew my Grandpa Pete loved me and loved his family. More than that, he showed me the commitment of lasting married love.

Several years ago, he had put his wife, my Grandma Crystal, into a nursing home. She'd had a stroke a few years before and she needed more care than he could provide for her at home. But he didn't let her go into the nursing home alone. He chose to move in with her. They have a room together in a nursing home in Wellesville, Mo.

Grandpa Pete was 84 on July 31, and I can't think of anyone who deserves a happier birthday more than he does. He is one of the best people I know.

Please find the time to give your grandparents a hug. If you think about it and look closely, you'll see how truly special they are. After all, without them, where would you be? ☆

ANOREXIA—FROM PAGE 5

Eating disorders have only been recognized as diseases for the last 20 years or so. Not all doctors understand eating disorders. Some tell their patients to "just go home and eat." That could be the worst thing to tell an anorexic who believes that food is the enemy.

For more information, persons may call the campus Health Center at 625-9323 or the counselor's office at 625-9324. The number for the National

Health Information Center is 1-800-336-4797.

For further information, persons may contact these organizations:

The National Association of Anorexia Nervosa and Associated Disorders, P.O. Box 7, Highland Park, Illinois 60035, phone number 1-708-831-3438.

The National Anorexic Aid Society, Inc., 1925 E. Dublin Granville Road, Columbus, Ohio 43329, phone number 1-614-436-1112. 🍷

SPINAL CORD—FROM PAGE 21

is eating and has some shoulder movement.

I was injured at the C-4 level and have little more control than that over my body, after 16 years.

Reeve was transferred to Craig Hospital in Englewood, Colo., which has a reputation as the best rehabilitation center in the U.S.—maybe even in the world. So it would appear his chances for maximum recovery are very good.

As a quadriplegic myself, however, I know there

are no guarantees. Even so, quadriplegia is not the end of the world. Even if his money can't provide him with a normal, healthy, fully-functional body, it can help Reeve find the best equipment and people to live an active and productive life despite his disability.

So my advice to Superman is to keep a positive attitude, and whatever happens, don't give up—life is still worth living. 🍷

FACTS—FROM PAGE 34

two main eating establishments and five banquet rooms.

ABOUT THE LIBRARY

✓ Missouri Southern's library contains 229,190 books. It also has 150,684 government documents, and 567,322 microforms. Eighteen computer stations are available for student use. The library is used by 224,418 people per year. The total circulation of books each year amounts to 69,124.

COMPUTERS

✓ Students have the use of 510 computer stations on campus.

ABOUT PARKING

✓ Southern has 41 parking lots with 3,645

parking spaces. Motorcycles are given 28 spaces on 3 lots. Persons with disabilities have 47 spaces on 22 lots specially designated as handicapped parking.

ABOUT MONEY

✓ Southern pays an annual average of 1.5 million for the purchase of goods and services in Joplin and the outlying communities of Webb City, Carthage, Carl Junction, Alba, Granby, and Neosho.

✓ The College's 1994-95 payroll budget came to \$14.7 million. This means Southern impacts the total economy to the tune of \$16.2 million per year.

Data for this story was collected with the help of Bob Beeler, Rod Surber, Larry Meacham, and G. K. Renner. ☆

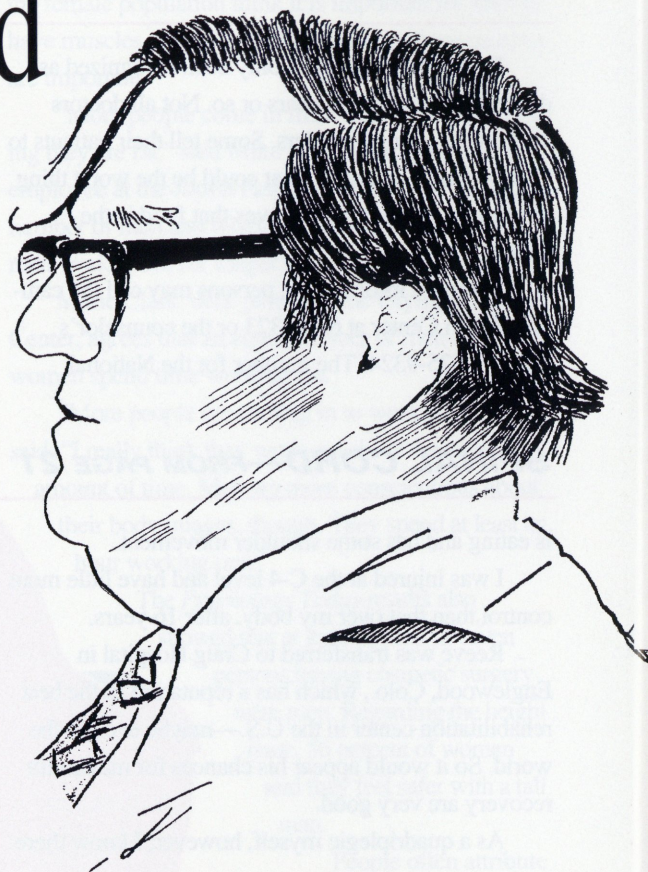
Please direct any comments or inquiries concerning Crossroads Magazine to: Crossroads Magazine c/o Jean Campbell, Webster Hall, Room 131.

The Orator



Young worked hard for Southern

Robert Ellis Young won many battles of legislation for Missouri Southern State College. Students continue to benefit from his efforts.



The Legislator

BY GENIE UNDERNEHR



Courtesy of The Carthage Press

Missouri Southern State College and the surrounding area lost a great benefactor when former Republican State Representative Robert Ellis Young passed away on June 3, 1995.

Young championed Southern numerous times during his 32 years in the House of Representatives.

"He and [the late] Senator Richard Webster were instrumental in getting the legislation passed for the conversion of the Joplin Junior College into a four-year college," said Dr. Julio Leon, College

president. "That's why this campus has a building named after each of them."

In the midst of such company as Mills Anderson, Fred G. Hughes, Lauren Reynolds, and Webster, Young began the campaign for Missouri Southern in 1962 by introducing the bill into the House.

The group believed expanding the Junior College to a four-year state college would reduce the number of students leaving the area to attend larger institutions such as Southwest Missouri State University and the University of Arkansas in Fayetteville.

"His [Young's] interest was primarily to see there would be an institution to provide an opportunity for young people to get a good education," Leon said. "And his contribution to Missouri Southern did not stop with the passing of the legislation."

Young continued to lobby for state funding to provide for more programs and buildings at the College.

Robert Ellis Young

1919-1995

"Being a legislator from this area, he had an obligation to ensure that any institution in his region would do well," Leon said. "It was a survey to his constituents."

Leon said Young was always an intellectual, dignified person in his pursuits for the College.

"He had an excellent grasp of the English language" Leon said. "That is why he was so effective in the legislature. He and Webster would always stand on the floor of the legislature and speak for long periods of time. And people would listen to them."

When Young retired from the House in 1986, he was called the Dean of the

"...his contribution to Missouri Southern did not stop with the passing of the legislation.

Dr. Julio Leon

Legislators because he served the longest term.

He has probably accomplished more for this area than any other legislator. He was the principal leader in the development of U.S. Highway 71 and he was involved in creating the George Washington Carver National Monument outside of Diamond.

Since his election to the House in 1954, he has held such titles as director of the Missouri Heritage Trust and president of the Carver District Association.

He sponsored legislation establishing the Missouri State Highway Patrol Satellite Station in Carthage, and was a creator of the 22-county Southwest Missouri Agricultural Research Center near Mount Vernon.

"This College, this region, owes him a great debt of gratitude," Leon said. ☆



Summer Fever

Man Alive!
It's happened again.
Mid-July.
Hope it never ends.

Goin' wild.
Havin' some fun.
Goin' crazy wild.
In the summer sun.

Summer fever.
Summer days.
Yeah, summer fever.
Got me in a summer haze.

Partyin' hardy.
Thru the night.
Gotta party!
Feels so right.

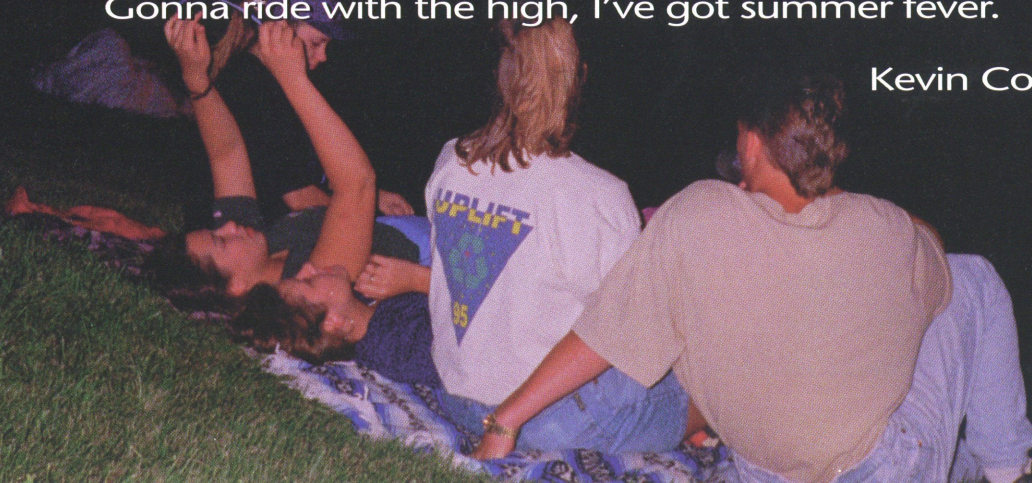
The summer sun's got a hold on me.
Got me goin out of my mind.
This July weather's went and set me free.
And I believe that it was just about time.

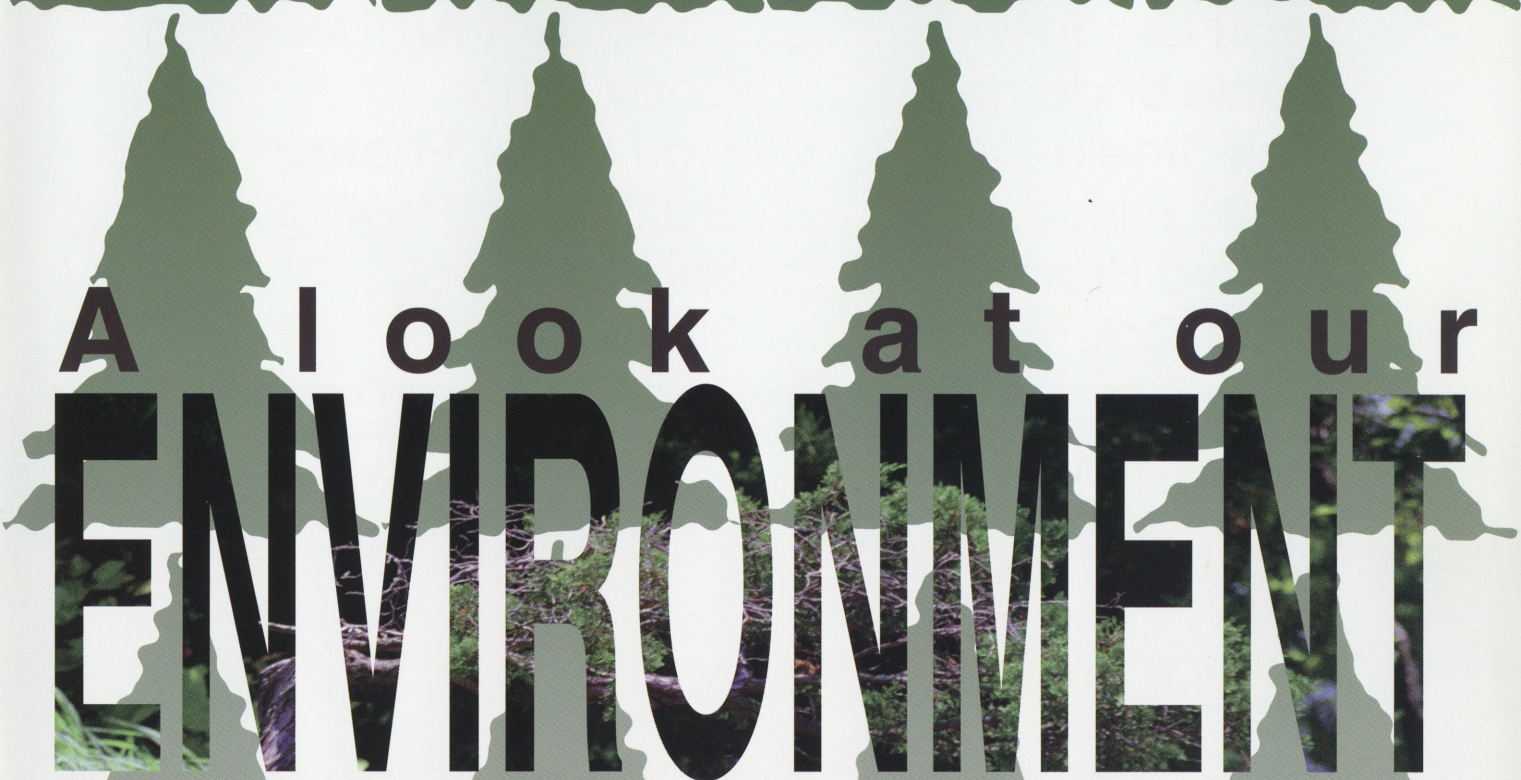
I've got the fever.
Firecracker mode.
Fuse burnin' lower.
I'm gonna up and explode!

Not even the night can slow me down now.
It's that time of the year for me to run an' howl.
Better hope my bite's not as bad as my growl.
Cause Lord have mercy baby, I've got summer fever!

See ya later cause I've got to go.
You can come along with me, if ya don't make me slow.
I've done been here too many days in a row.
Gonna ride with the high, I've got summer fever.

Kevin Coleman





A look at our

ENVIRONMENT

COMING SOON

with commentary by Missouri Southern alumnus Dennis Weaver

in

CROSSROADS





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